

LABIAPLASTY

POST-OP INSTRUCTIONS

- Apply antibiotic ointment (Bacitracin or Neosporin) to incisions 1-2x/day for the first week.
- After one week, you can apply a thin layer of Estrace cream in the morning and at night to the incisions.
- Wipe gently after using the bathroom and while bathing.
- Use ice packs as much as possible for the first 48 hours, then use as needed for comfort, especially at the end of the day.
- You can moisten maxi pads with water and place in the freezer to use as ice packs.
- Some spotting is normal. Call the office if you experience bleeding that is more than a period.
- Swelling and bruising is normal for up to 2 weeks.
- No intercourse until cleared by the doctor at a follow-up visit.
- Topical or oral Arnica may be purchased at a nutrition/health food store to assist in bruising/swelling relief.
- Ibuprofen 400mg may be taken every 6-8 hours as needed for pain and swelling relief.

Schedule a follow-up appointment for 2 weeks following your procedure and call the office with any questions or concerns.