



LABIA REDUCTION + VAGINAL SURGERY

There may be information here that contradicts information on the general Post-Operative Instructions sheet. Any time this occurs, follow these procedure specific instructions. If you have any questions, please call the office at (480) 423-1973.

As time goes by and you are healing, the following guidelines apply:

After 48 hours you may shower. Very gently wash the vaginal area with gentle soap, rinse completely and gently pat dry. Apply Aquaphor ointment to the incisions twice a day and as needed to keep the incisions moist.

- Avoid the use of tampons for 6 weeks after surgery
- Avoid sexual intercourse for 6 weeks after surgery
- Avoid activities which place pressure on the vaginal area (for example, riding a bicycle) for 4-6 weeks
- Avoid underwear or clothing (such as thong underwear or tight jeans) that may irritate the surgical area for 3-4 weeks.
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You may apply cool packs to the vaginal area for the first few days to reduce swelling and improve comfort.

Avoid smoking or second hand smoke for a minimum of 6 weeks after surgery.

The above guidelines are general and may be adjusted based on your specific healing process.