



Dr Sanjay Azad
Revere Esthetique

POSTOPERATIVE INSTRUCTIONS **FOLLOWING LABIAPLASTY**

- Ice the area for first 24-48hrs or as tolerated
- Wear loose fitting garment
- Taking regular Tylenol+ Advil PO regularly (overt the counter is adequate) for the first 48hrs and then as required
- Shower with soap and water, but no baths or sauna
- After urination please gentle irrigate and pat dry.
- Apply Polysporin ointment 4 times a day
- Application of Vagifem ointment locally once a day for 1week will help in healing
- Limit physical activity/no exercise for 4weeks
- The leg should be kept closed or crossed at most times to reduce tension on the wound edges
- Full activity can be resumed at 6weeks

