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AESTHETIC CENTER AT WOODHOLME

# Labiaplasty

## Post-operative Instructions

### Activity:

- No strenuous exercise or sexual intercourse for 4 weeks after surgery.
- Take care when cleaning the area after urination. Pat area dry with toilet paper or sensitive baby wipes.
- Wear your leg compression devices whenever you are not up and moving around during your recovery period, including when you are sleeping at night.

### Dressing and Showering:

- You may remove your dressings and shower 24 hours after surgery. Wash the area gently with soap and water. Do not scrub. No baths/soaking/swimming for 2 weeks after surgery.
- Apply bacitracin ointment to incision lines twice daily and cover area with maxi pad.
- May start applying ice to the area the day after surgery.

**Call the office at (410) 486-3400 if you experience: increased pain, swelling, redness at surgical sites, pus draining from wound, or fever above 101.5F.**

Return to office for follow-up appointments on:

Date: \_\_\_\_\_ Time: \_\_\_\_\_ (1 Week)

Date: \_\_\_\_\_ Time: \_\_\_\_\_ (2 Week)

Date: \_\_\_\_\_ Time: \_\_\_\_\_

\_\_\_ Post-operative instructions have been reviewed with me.

\_\_\_ I have received a copy of these instructions.

\_\_\_\_\_  
Nurse

\_\_\_\_\_  
Physician

\_\_\_\_\_  
Patient or responsible party

\_\_\_\_\_  
Relationship to patient