

Post-op Precautions

Labiaplasty & Clitoral Surgery

- You may return to daily activities after surgery, but avoid strenuous exercise, saunas, and hot baths for 4 weeks.
- Showering is allowed from the day after surgery, but avoid using soap directly on the surgical site or rubbing the area. Instead, gently rinse with running water.

Cold Compress (Helps reduce swelling and pain)

- From the day of surgery, apply cold compresses frequently for about 1 week.
- Because the area is less sensitive, place gauze or a towel between the skin and the ice pack.

Disinfection

- From the day after surgery, spray Betadine solution on the surgical site (until stitches are removed).

Sitz Bath (Helps reduce swelling, bruising, and assists with disinfection)

- Begin after stitch removal, once daily for 2–3 weeks.
- Prepare a sitz bath basin or a tub large enough to cover the buttocks.
- Mix 10cc of Betadine solution in warm water and soak the buttocks for 10–15 minutes.
- Allow the area to air-dry completely afterward.

Additional Precautions

- Do not touch or stimulate the surgical site.
- Activities that may cause infection, bleeding, hematoma, or inflammation should be avoided, such as: Crossing your legs, Squatting, Wearing tight clothing (leggings, skinny jeans, etc.)
- Vaginal discharge or bleeding may occur after surgery—please use sanitary pads.
- If there is heavy bleeding (enough to soak a medium pad), please visit the hospital immediately.

Restrictions & Medications

- Sexual activity may resume 4 weeks after surgery, but only with your surgeon's approval.
- Avoid alcohol and smoking for 4 weeks, as they may increase the risk of bleeding and infection.
- Be sure to take all prescribed medications. If pain is severe, you may take additional pain relievers as directed.
- Attend all follow-up appointments as scheduled. Healing progress may vary for each patient.