



GYNÆCOLOGY PLUS
FERTILITY + BODY + WELLNESS

Labiaplasty – Pre and Post-Operative Guidelines

Patient Pre & Post-Operative Handout

Our goal: A smooth, safe recovery. You should feel better each day after surgery. If you are not improving or have concerns, contact FBW immediately.

BEFORE SURGERY (PRE-OP)

Once the procedure has been booked and your deposit has been paid, you will receive your post-care pack, including:

- Donut pillow
- Laxatone
- Post-Care Balm

In-Room Procedures Only: You will also receive prescriptions for antibiotics and pain relief. Please collect these before your procedure.

Day Before Procedure

- Ensure the treatment area is clean shaven.
- Wear loose, comfortable clothing on the day of your procedure.

Medication (In-Room Procedures Only)

One hour before your procedure:

- Take prescribed analgesia as directed, **or**
- Take 2 Nurofen and 2 Panadol with food.

Allow approximately 2–3 hours at the clinic.

Transport

Hospital: Arrange someone to drop you off and collect you after your procedure.

In-Room: Arrange a designated driver to drop you off and pick you up.

AFTER SURGERY (POST-OP)

Time Off Work: 7-10 days

You will be booked for two in-rooms reviews;

- 1-week review
- 6-week review



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Dressing and Sutures

Hospital: Dressing may be removed by nursing staff before discharge or once home.

In-Room: Remove dressing approximately 4–6 hours after your procedure.

Sutures are dissolvable and may take 4–6 weeks to fully dissolve.

RECOVERY

- Rest at home for at least 7 days.
- Use your donut pillow when sitting for 7 days or longer.
- Light activities may begin from approximately day 5 if comfortable.
- Avoid excessive walking, lifting, exercise, or gym activities for 3 weeks.
- Driving may generally recommence after 5 days if you feel comfortable and safe.

A medical certificate can be provided if required.

BATHROOM CARE, HYGEINE AND ACTIVITIES

Urinating

For the first 5–7 days:

- Urinate in the shower, or
- Use a jug of clean water to rinse the area while urinating.
- Avoid using toilet paper to reduce irritation. Pat area dry.

Bowel Movements

- Shower after opening your bowels.
- Take your Laxatone daily to prevent constipation and straining.

General Hygiene

- Wash with clean water only.
 - Do not swim or soak in a bath for 4–6 weeks.
 - Tampons and sexual intercourse may recommence after your 6-week review.
 - Post-Care Balm: Do not use for the first 7 days. After this, use as required.
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WHAT TO EXPECT

Discharge, Bleeding, Swelling and Bruising

Mild discharge, spotting, swelling and bruising are expected and may take several weeks to resolve.



A wrapped cold compress may be used for 15–20 minutes at a time to assist with swelling and discomfort.

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Some discomfort or pain is to be expected. Symptoms should improve each day.

Use prescribed pain relief during the first week, then Panadol/Nurofen as required according to medication advice.

WHEN TO CONTACT US

Contact FBW if:

- The labia become tight or hot to touch
- Bleeding becomes moderate or heavy
- Discharge increases or has an odour
- Symptoms are worsening rather than improving

FBW Gynaecology Plus (Business Hours)
8297 2822

After Hours:
Contact your GP or Ashford Emergency Department
8375 5205
