

Advanced Plastic Surgery Center & Nouveau Cosmetic Center

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Labiaplasty

This is a very common procedure with growing demand as more and more women find that there is an answer to this problem. Procedures may involve simply reducing large of hanging labia, matching asymmetric labia, or tightening or filling the labial area. For some women, liposuction and reduction of the pubic area (above the labia) or along the labia majora (outer area) is combined for an optimal effect.

Most procedures are done in the office very discretely under local anesthetic. We utilize a program of a topical anesthetic prior to the injection which makes the procedure very tolerable and for most women, easier than they expected. The procedure generally takes about an hour, but will give you a lifetime of improvement!

**Pre-Treatment Instructions:**

- This is an outpatient surgery.
- Have someone drive you home after surgery and help you at home for 1-2 days.
- Get plenty of rest; follow balanced diet.
- Take pain medication as prescribed. Do not take aspirin or any products containing aspirin until approved by your physician.
- Do not drink alcohol when taking pain medication.
- If you are taking vitamins with iron, resume these as tolerated.
- Do not smoke, as smoking delays healing and increases the risk of complications.

**Post-Treatment Instructions:**

- No lifting greater than 5 pounds for one week.
- No sex for 6 weeks, then resume sexual activity as comfort permits.
- No swimming for 4-6 weeks.
- Return to social and employment activities in 1-2 days.
- You may shower 24-48 hours after surgery.
- Keep incisions clean, dry and inspect daily for signs of infection.
- Use absorbent pads or feminine napkins to absorb any blood or drainage.
- Some oozing, drainage and spotting of blood is expected.
- No tub soaking while sutures are in place.
- Place clean, dry dressings over incisions to wipe away moisture and to prevent irritation from undergarments and clothing.
- There will be swelling and discoloration for 1-2 weeks, possibly longer.
- There initially may be numbness around the area.
- Improved contour with less excess tissue in the labial area.
- The scar is located along the labia minora on the right or left side or both sides and usually is undetectable.

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_