

# Precautions After Labiaplasty

1. If sutures are present, they are dissolvable and will naturally disappear. For up to one month, increased discharge is normal, and slight spotting may also occur.
2. It takes about six weeks on average for the final shape to form. Please return for a follow-up check two weeks after surgery. The appearance may look uneven or unsightly at first, but do not worry—it will improve over time.
3. Pain may increase slightly after 3–4 days, and swelling, discomfort, and pain may worsen between 1–2 weeks.
4. Avoid saunas, hot baths, swimming, and exercise for four weeks after surgery. Also avoid excessive walking or strenuous activity. Sexual intercourse should be avoided for six weeks.
5. Please refrain from alcohol and smoking for two weeks.
6. Showering is possible starting the day after surgery. Since discharge may cause the labia to stick together, gently rinse the area with water once or twice a day. Do not use soap or cleansers, and avoid rubbing.
7. If menstruation occurs before stitch removal, use tampons. If menstrual blood comes into direct contact with the wound, it may slow healing and increase the risk of infection.
8. Take all prescribed medication. After finishing the prescribed medicine, you may take Tylenol if pain persists.

**⚠ If you experience any unusual discomfort or have further questions, please contact the clinic.**



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