

FAQs Regarding Labia Majoroplasty

1. How should I care for the surgical site?

Keep the area clean and dry. Gently rinse with warm water, pat dry with a clean towel-do not scrub. Apply prescribed ointments or antiseptics as advised by your doctor.

2. When can I resume normal activities?

Light daily activities may be resumed within 2-3 days. Avoid strenuous work, heavy lifting, and sexual activity for at least 6-8 weeks or until cleared by your surgeon.

3. How long does it take to heal?

Initial healing usually occurs in 1-2 weeks, but full recovery may take up to 6-8 weeks. Swelling and mild discomfort can persist during this period.

4. What should I avoid, and when can I use sanitary products like tampons?

Avoid tampons, tight underwear, and sexual activity for at least 6 weeks or until your doctor confirms complete healing.

5. What can I expect immediately after surgery?

Swelling, mild bleeding, bruising, and discomfort are common and usually improve within 1-2 weeks. Applying ice packs and taking prescribed painkillers can help.

6. What are the potential complications?

Though rare with proper care, possible complications include infection, bleeding, wound separation, asymmetry, scarring, or altered sensation.

7. Will there be scars?

Yes, but they are typically minimal and well-hidden within the natural folds. Scars usually fade significantly over time.

8. Will I need medication?

Yes. Most patients are prescribed antibiotics, pain relievers, and topical ointments to support healing and prevent infection.

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9. What should I wear after surgery?

Wear loose, breathable cotton underwear and avoid tight clothing like jeans or leggings until fully healed.

10. Can I exercise after surgery?

Light walking is encouraged after a few days. However, avoid intense workouts, running, cycling, gym sessions, or yoga for 4-6 weeks.

11. How long does the swelling last?

Swelling typically peaks in the first few days and improves over 2-3 weeks. Some mild swelling may persist longer but usually resolves gradually.