



Labioplasty

Post-Operative Instructions

Sutures

The incisions are closed with dissolvable sutures, which do not require removal and will dissolve over a period of approximately 14 to 21 days.

Dressings

You will not have any dressings after surgery, but I will apply triple antibiotic cream, which you need to reapply 3 times a day.

You will be given sanitary pads to wear to absorb any oozing, which is expected for the first few days. You can shower after 24 hours but please avoid baths for the first couple of weeks.

Medication

During your surgery I will use a long-acting local anaesthetic block in the infiltration fluid. This reduces any pain that you have for 72 hours after surgery, but you may need additional analgesia in the form of Tylenol and Ibuprofen. I will also prescribe Tramadol if you are in significant pain, but most patients do not need this.

You will be given antibiotics to take for 14 days after your surgery to reduce any risk of infection whilst the incision heals.

The medications should be given to you before you go home, so please check with the nurse if you do not receive anything.

If you tend to develop thrush, then I recommend that you take Fluconazole 2 days prior to your surgery and have Fluconazole cream at home to apply, if you have a flare up.

If your labia become very itchy and red or you see white discharge, then you may have a thrush infection, and I will prescribe medication to treat this accordingly.

Scar Advice

Once the dressings are removed, I recommend that you massage the incisions, using small circular motions at least twice a day for 5 minutes. You can use any moisturising cream of your choice and apply firm pressure until it blanches.



Anne Dancey
PLASTIC SURGERY

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The scars will also benefit from Silicone scar gel (ScarAway® or Kelo-Cote®) twice a day, which will soften and fade them, as well as applying sunblock for 12 months to provide sun protection.

The ScarAway® can be purchased from Healthcare Pharmacy at Governors Square in Grand Cayman.

Follow up

Before you are discharged from Hospital, you will be given a follow up appointment to see the nurse one week post-operatively.

I normally see you in clinic between 2 to 6 weeks following your procedure, depending on the type of surgery.

You should also be given contact numbers in the event of any problems. If you have any questions or concerns about your recovery, please do not hesitate to email or phone me and I will endeavour to respond to you the same day.

If it is more urgent, please contact the Clinic/Hospital. In the unlikely event of an emergency, you must visit your closest Emergency Department.



I hope you find this information useful. If you have any questions or require a little more information, then please do not hesitate to contact me.

Anne Dancey

Dr Anne Dancey

Plastic and Reconstructive Surgeon FRCS(Plast), MBChB(Hons), MmedSci(Hons) and MCh(PASP)