



## Labiaplasty Recovery Guide

Timeline, Supplies, Comfort Tips & Clear Red Flags

Thinking about **labiaplasty**, or already scheduled?

Here's your playbook: what to expect each day, how to sit and sleep without misery, when you can work out or have sex, what to buy, and exactly when to call your surgeon.

### Typical Recovery Timeline

Stage	What most patients experience	What you can usually do
<b>Day 0-2</b>	Swelling, stinging with urination, spotting, tightness; walking is slow.	Rest, short indoor walks every 1-2 hrs, cool compress (over underwear), scheduled meds.
<b>Days 3-7</b>	Swelling/bruise colors peak then plateau; itching as tissues wake up.	Shower (lukewarm), sitz baths if advised, gentle desk tasks in short blocks, no lifting >10 lb.
<b>Week 2</b>	Discomfort drops; stitches often start dissolving/shedding.	Many return to desk work; longer walks; still no cycling, running, yoga splits, or intercourse.
<b>Weeks 3-4</b>	Size and tenderness trend down; minor asymmetry is normal.	Light lower-body movement (no friction/splits). Looser clothing gets easier.

<b>Weeks 5-6</b>	Residual puffiness; most feel "80-90%" normal.	Gradual return to workouts; consider test session for fitted clothes; sex resumes only when cleared.
<b>Months 3-6</b>	Final refinement: scars soften, color fades.	Full activities as cleared; continue scar care and SPF if exposed (swimwear).

Everyone heals at their own speed. Combined procedures (e.g., with lipo or hood reduction) can add a week or two.

## What to Buy (and Set Up) Before Surgery

### Comfort & hygiene

- Peri bottle (for rinsing during urination—cuts stinging fast)
- Fragrance-free pads (thin, breathable) and loose cotton underwear
- Cold packs or gel pads (use over underwear, 10-15 min on, 30 min off)
- Sitz bath that fits your toilet (only if your surgeon uses them; many do)
- Unscented wipes or soft washcloths (pat—not rub)
- Stool softener (start day 0), gentle fiber, and plenty of water
- Pillow or donut cushion (most prefer a U-shaped cushion so the vulva is in the "gap")
- Loose bottoms (soft joggers, maxi skirts) and long tees

### Medications & care

- Prescribed pain meds + ibuprofen/acetaminophen as instructed
- Antibiotic/antibacterial ointment only if prescribed (don't improvise)
- Sterile gauze and panty liners for light spotting
- A small mirror for quick checks without twisting

### Home & help

- Clear your schedule the first 72 hours
- Set up a "recovery station" within easy reach of the bathroom (water, meds, pads, charger)

## Day-by-Day (Exactly What to Do)

### Days 0–2: Calm, clean, cool

- **Positioning:** Rest on your back or side with a pillow between your knees. Avoid pressure on the vulva.
- **Walking:** Short, frequent, gentle walks prevent clots and stiffness.
- **Urination hacks:** Use the peri bottle to rinse while you pee; pat dry—don't wipe.
- **Cooling:** Cold pack over underwear for 10–15 minutes several times a day. No direct ice.
- **Hygiene:** If cleared, you may do a quick, lukewarm shower after 24–48 hours; let water run over the area, pat dry.
- **Pain plan:** Take meds on schedule for 48–72 hours; staying ahead of pain beats chasing it.

**Call urgently** for fever >101°F, increasing one-sided tightness, rapidly expanding swelling or bruising, foul drainage, shortness of breath, or calf pain.

### Days 3–7: Peak swelling → plateau

- **Sitz baths:** If we advised them, 10–15 minutes, lukewarm (not hot), 1–2×/day; pat dry.
- **Itching = healing:** Don't scratch. A brief cool pack helps.
- **Activity:** Desk tasks in short blocks with movement breaks every hour. No lifting >10 lb.
- **Dressing:** Light pad or gauze to keep the area dry. Change often.
- **Driving:** Only when off narcotics, pain is mild, and you can brake/turn without strain.

### Week 2: Turning the corner

- **Stitches:** Many are dissolvable and begin to shed; don't pull them.
- **Work:** Most desk workers can return; bring your cushion, plan micro-breaks.
- **Clothing:** Softer leggings are often fine; still avoid seams that rub the incision lines.

### Weeks 3–4: Gentle return to life

- **Exercise:** Walks, light lower-body training that doesn't create friction or big stretches. Still no running, cycling, deep squats/lunges, hot yoga, or swimming unless cleared.
- **Sex & tampons:** Still on hold. Let tissues seal fully first.

## Pain, Swelling, Bruising—What's Normal?

- Swelling is the main actor. It peaks in days 3–5, then eases in waves. Evening puffiness is common for weeks.
- Bruising changes colors (purple → green/yellow) and fades in ~2 weeks.
- Stinging with urination improves fast with a peri-bottle rinse and hydration.
- “Zings” or itching show nerves waking up—normal and temporary.

## How to Sit, Sleep, and Walk Without Regretting It

- **Sitting:** Use a U-shaped cushion or sit more on the sit-bones, not soft tissues. Keep sessions short early on.
- **Sleeping:** On your back with a pillow under your knees, or on your side with a pillow between knees.
- **Walking:** Several short walks beat one long march. Think circulation, not cardio.

## Hygiene & Showering Rules

- **Showers:** Lukewarm, short, pat dry.
- **No baths/hot tubs/pools** until we clear you (often 4–6+ weeks).
- **No harsh soaps, fragrances, or antiseptics** on the vulva. Water + a tiny bit of gentle cleanser on outer skin only.
- **Pads only** until cleared. Tampons/menstrual cups resume after we confirm full sealing (commonly ~6 weeks).

## Clothing, Underwear & Friction Control

- **Underwear:** Breathable cotton, a size up the first 2 weeks.
- **Bottoms:** Loose joggers or soft skirts. Avoid jeans and thick seams until week 3–4.
- **Athletic wear:** Seamless shorts/leggings when rubbing no longer irritates—start with short wear-tests.

## Scar Care (After You're Sealed)

- Most incisions are fine-line and often hidden in natural folds.
- Once we confirm the skin is sealed (often ~2–3 weeks), you can start silicone gel or sheets daily for 8–12+ weeks.

- A thin line may look pink for months, then soften and fade.
- No picking at dissolving sutures. If a tail bothers you, we'll trim it at follow-up.

## Exercise & Sex

- **Weeks 0–2:** Walking only.
- **Weeks 3–4:** Gentle lower-body moves that don't stretch or chafe the labia; no cardio that creates heat/friction.
- **Week 5–6:** Gradual return to cardio and strength, still avoiding movements that pull incisions.
- **Sex:** Many resume around week 6 once you're pain-free, sealed, and cleared. Start slow, use lubricant, and stop with any sharp pulling or burning.

## Work, Parenting & Driving

- **Remote/desk jobs:** 5–10 days for many.
- **On-your-feet roles:** ~2–3 weeks (schedule movement breaks).
- **Childcare:** Avoid lifting toddlers and car seats for at least 2 weeks; squat with support instead of bending forward.
- **Driving:** Off narcotics and comfortable braking/turning—typically after several days to a week.

We can provide a work/limitations letter if you need accommodations.

## Red Flags (Call Us Right Away If You Notice)

- Fever >101°F or chills
- Rapidly increasing one-sided swelling, severe tightness, or sudden, expanding bruising
- Worsening pain after an initial improvement
- Spreading redness, foul odor, or pus-like drainage
- Separation of the incision line or black/dusky skin edges
- Trouble urinating or signs of a blood clot (calf pain, chest pain, shortness of breath)

You'll leave surgery with our after-hours contact. Use it—sooner is always better.

## Sensation, Asymmetry & “Will I Look Even?”

- Asymmetry early on is common because swelling is rarely identical. We judge shape after swelling quiets—often at 6–8 weeks and again around 3 months.
- Sensation can be numb, tingly, or extra sensitive. It usually normalizes over months.
- Small “spitting sutures” sometimes appear as white threads at the surface—don't pull; we'll handle them.

## Periods & Intimate Products

- Plan pads for your first period after surgery.
- No tampons or cups until we confirm complete healing (often ~6 weeks).
- If you spot or have discharge, change liners often; keep the area dry.

## Medication, Nutrition & Habits

- Take pain meds on schedule for the first 48–72 hours, then taper to acetaminophen/ibuprofen if approved.
- Hydrate and use your stool softener to avoid straining.
- Skip nicotine/vaping—they slow blood flow and healing.
- No alcohol while on pain meds/antibiotics.

## Cost & Payment Pointers

- This is usually not insurance-covered. If you have functional symptoms (recurrent rashes, sports pain, hygiene issues), ask at consult—we'll review your case and documentation standards.
- Our team can walk you through choices (clinic plans vs. personal loans) and how to avoid promo APR traps. For deeper tips, read our surgery financing guide.

Still choosing a surgeon? See how to choose the right cosmetic surgeon.

## Quick Answers to Questions You May Have

### **How long will I be swollen?**

Most swelling improves in the first 2–3 weeks, but a little puffiness can linger for a couple of months, especially by day's end.

### **When can I wear tight leggings or a swimsuit?**

Test at weeks 4–6 depending on comfort; start with short wear-times. Swimming waits until we clear you (often ~6 weeks).

### **Can I get a UTI after labiaplasty?**

It's uncommon but possible. Stay hydrated, rinse with the peri bottle, and call us for burning, urgency, or fever.

### **Will this change sexual sensation?**

Many patients report improved comfort and confidence. Temporary changes in sensitivity are common early and typically settle over months.



[vip@bgmgcosmetics.com](mailto:vip@bgmgcosmetics.com)

+1 (562) 928-7060

7916 Eastern Ave. Bell Gardens, CA 90201