



PATIENT AFTERCARE GUIDE
LABIAPLASTY

BODY

LABIAPLASTY

Your full, personalised advice will be given by your surgeon specific to your individual needs and you will receive written instructions prior to your surgery but here is a brief overview.

Can I go home the same day?

Yes, labiaplasty is carried out as day case surgery and you will go home the same day.

When can I shower?

You can shower the day after your surgery.

When are my sutures removed?

You will have dissolvable sutures in place which will be checked at your 1-week follow-up appointment. These do not need to be removed but will dissolve in time.

Will I have bruising?

There will be bruising and swelling following your surgery, but this will settle over a few weeks.

How long will it be before I see the final results?

Your results will be evident when the area is healed and the swelling has settled which takes a few weeks. Scars take up to 12-18 months to fully mature.

How long do I need to take off work?

We recommend up to 2 weeks off work and longer for more physically active jobs.

Can I still exercise?

Any form of physical exercise should be avoided for the first 4- 6 weeks.

Can I drive after surgery?

We suggest around 2 weeks before you can drive. Check with your car insurance that you are covered.

Who do I contact in an emergency?

We give our patients a direct number for your surgeon on discharge. You can use this if you are concerned about anything overnight. We give you a call the next day to check on you, and you can contact the clinic between your follow-up appointments.



IMPORTANT NOTICE

This aftercare guide provides general information to support your recovery following treatment at LASE Cosmetic. Every patient is different, and your clinical team will provide personalised guidance specific to your procedure, health, and circumstances.

Always follow the specific verbal and written instructions given to you by your consultant or practitioner. If there is any conflict between this guide and your personal aftercare instructions, follow your personal instructions and contact your LASE clinical team to clarify.

This document does not replace medical advice. If you are ever in doubt about your recovery, please contact us.