

# LABIA CORRECTION

A woman is shown from the side, performing a hula hoop exercise. She is holding the hoop with both hands behind her head, and the hoop is around her waist. She is wearing a light-colored, short-sleeved top and dark shorts. The background is a soft, out-of-focus light blue.

---

## What To Expect After Surgery

2

---

## Returning To Daily Activities

3

---

These instructions are provided to assist in the healing process and ensure best results. If you choose not to follow these instructions, it may increase your risk of possible complications and compromise results of the procedure.

# What To Expect After Surgery

## HOSPITAL RECOVERY & DISCHARGE

- / A labia correction operation is normally a day surgery procedure (unless otherwise discussed prior to your surgery), therefore you will leave the clinic on the same day.
- / The medical staff will regularly monitor you during this time, and your discharge will be at the discretion of the clinic staff.
- / Applying a cold compress for the first 48 hours can help minimise swelling and physical discomfort.
- / Upon discharge you will be provided with a "goodie bag" with all essential medications, antibiotics and dressings for your recovery at home as well as written post-operative instructions. Tial medications, intimate cleansing wash, spray, antibiotics and dressings for your recovery at home as well as written post-operative instructions.

## PAIN LEVEL

- / Expect to have pain and numbness in areas. The area may be swollen for up to 14 days. Bleeding after surgery may cause swelling, discolouration and you may be uncomfortable for a short time. Many of these side effects, such as difficulty urinating and discomfort, are the result of swelling and will subside as your labia heals. Pain should be controlled by painkillers. For dosage please refer to the instructions leaflet in the "goodie bag".

## COMPRESSION GARMENT

- / This operation does not call for special post-operative clothing.

## WOUND CARE

- / It is important to maintain hygiene. Use intimate cleansing wash and disinfectant spray. Otherwise we do not recommend you apply any other ointment to the area.

## SUTURES

- / The sutures are internal and will dissolve in 6 months.

## DRESSING CHANGE

- ✓ After surgery, minor bleeding is relatively common and controlled by applying absorbent pads against the surgical site.

## SHOWER

- ✓ Shower as normal and pat dry the next day post surgery. Please note that you will have some dry blood. When you shower, the water may seem tinted. In the shower you may use intimate cleansing wash. Keep the area clean and dry at all times.

## COPING EMOTIONALLY

- ✓ Surgery places stress on the body and mind. Emotional stress is a real thing in the post-operative period. You may second guess your decision to undergo surgery, you may have feelings ranging from anger to guilt, you may even find yourself in tears just wanting to feel like your normal self again. This is natural phase of healing process and will soon become a distant memory.

## POST OP APPOINTMENTS

- ✓ Post-op appointments can be booked at the front desk or by contacting the clinic. At the Kaunas clinic, post-op check-ups are free within the first year after surgery. In London and Dublin, appointments are available according to our visit schedule, with a non-refundable fee. Due to limited availability, advance registration and payment are required.

## SCAR CARE

- ✓ Scars heal naturally on their own, but we recommend using a special moisturizing gel, Neauvia rejuvenation rose, to enhance skin regeneration and support the scar-healing process.

# Returning To Daily Activities

## HEALING & SWELLING

- ✓ Your labia will be more prone to irritation and friction while healing, especially from clothing that is too tight. While recovering, it's recommended that you wear loose, breathable clothing and fabrics to prevent unnecessary rubbing and reduce any discomfort.

- / Keeping the area clean is essential to minimise your risk of infection and other complications. Avoid using toilet paper - instead of wiping, use a squeezable water bottle or sprayer to rinse the area with warm water, and gently pat it dry with baby wipes or a clean towel. Do this after every trip to the bathroom.
- / Avoid scratching or rubbing the surgical incision, as this could lead to wound breakdown and potential wound infection.
- / If your job involves sitting for long hours, the use of a donut pillow may be recommended. A donut pillow helps relieve pressure on the surgical site and makes sitting more comfortable.
- / Itching is normal during the first few weeks post surgery.
- / Keeping the pelvis elevated for the first few days can help reduce swelling by moving away from the surgical site.
- / After surgery, you may experience a burning sensation at the incision sites while urinating. Using a spray bottle of cool water can help to relieve the discomfort.

## WARNING SIGNS

- / A fever of 38°C or higher.
- / Shaking or chills.
- / Heat in the area and bright red skin that is hot to the touch.
- / Nausea or vomiting.
- / Increased pain, swelling and redness that's getting worse.
- / Continuous fluid, pus and smell from your stitches.
- / Separation of your stitches.
- / Sudden shortness of breath or trouble breathing.
- / Any unexplained or unexpected symptoms and any pain that cannot be controlled by your pain medication.

## HYDRATION & NUTRITION

- / Rehydrate your body often. Surgery of any kind can reduce fluids in your body. Drinking water frequently will help replenish these lost body fluids. Also, eat lightly for the first few days and only food that is easy to swallow and digest.
- / Do not drink any alcohol if you are taking any medication.

## EXERCISE & ACTIVITY

- ✓ Avoid straddle activities such as biking or horse riding for 6 weeks.
- ✓ Strenuous exercise is restricted for 6 weeks as it may cause increased swelling, bleeding, or disruption of the healing process. These include activities such as gym workouts and running.
- ✓ Most patients can expect to return to sexual activity once their incisions have healed and when their post-operative pain and swelling allow. Typically, this is around 6–8 weeks after surgery.
- ✓ Avoid inserting tampons for 6 weeks after surgery.

## SWIMMING & SUN EXPOSURE

- ✓ No bath, pool, jacuzzi, standing or stagnant water for 8-12 weeks post-surgery or until your wounds are fully healed.
- ✓ We advise waiting for at least 6 weeks before a spray tan appointment or until the incision heals completely.

## DRIVING

- ✓ Driving is not recommended for a couple of days after surgery or until you feel comfortable enough to drive. To be fit to drive, you must no longer be taking any sedative medications and must be able to operate your car safely and comfortably.

## MAINTAINING RESULTS

- ✓ Every patient is unique and surgery results can vary from patient to patient. To maximise the longevity of your surgery results, it is important to maintain a healthy, nutritious lifestyle.

## RETURNING TO WORK

- ✓ In the second week of recovery, patients usually feel able to resume office work. For more strenuous work activities, you may need to wait until you are fully recovered, which can take up to six weeks.


# Tell Your Story

Join our Facebook group  
BEFORE & AFTER Fi Clinica Europe

---

Your feedback -  
inspiration for others!



 Google



 Trustpilot



+37062688838



booking@ficlinica.com



Sporto g. 3, Kaunas



@ Ficlinica