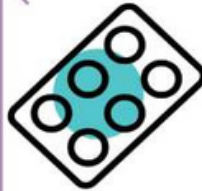


Cosmetic Journey

DO's and DON'T's

Inform your surgeon about your routine medications and any diseases.



Do not take Aspirin, Alieve, or Ibuprofen. Review the list of drugs containing aspirin and ibuprofen carefully.

Do not eat or drink anything, including water, after midnight the night before your surgery.



Stop smoking for 2 weeks before the surgery, and avoid alcohol consumption one week prior to the surgery.

Clean labia with an antibacterial gel then rinse off thoroughly with water the night before surgery.



Do not wear make-up, moisturizers, creams, lotions on the day your procedure is scheduled.

Shave entire area prior to the procedure.



Do not wear jewelry, contact lenses, and remove any piercings, nail extensions, or hair extensions on the day of the procedure.

These guidelines have been prepared by Prof. Dr. Fuat Yuksel, an independent, board-certified plastic surgeon. Please be aware that clinical recommendations may vary between patients and surgeons. Your surgeon will provide personalised instructions during your consultation appointment.

Expected Discomfort

WHAT to EXPECT?

Pain & Swelling



Immediately after the procedure, it is important to rest. The ideal position is on the back, not sitting directly on the treated area.

Swelling is expected and will begin to reduce within 2 weeks, completely disappearing after 3 months.

Discomfort



In some cases your body temperature may slightly rise for a two to three days.

Wound Infection



Keep your surgical area dry and clean. After each urination, rinse with water only and ensure the area is dried thoroughly.

You will receive a prescription antibiotic to prevent infection after the surgery, please take them carefully.

Leakage



The area is rich in capillaries, so it is common to experience slight leakage between the stitches in the first few days.

Personal Care

DO's and DONT's



Avoid strenuous activity, heavy lifting and vigorous exercise for 8 weeks.

Take short and frequent walks. Slowly increase the length of the walks as you feel up to it. Listen to your body and remember you need rest to heal.



No swimming for 8 weeks.



No sexual activities for 8 weeks.



Please avoid drinking alcohol while using the pain medications.



You may shower the day following the procedure-pat your labia dry, do not rub. Do not take a bath or go swimming for two weeks.

Wear cotton undergarments and avoid any undergarment that is tight or irritating for 4 weeks.



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Personal Care

DO's and DON'T's

If you are a smoker, you should not smoke for at least 2 weeks after surgery.

Smoking and chewing tobacco inhibit your circulation and can significantly compromise your surgical outcome.



You should do no vigorous exercise and should avoid any significant physical exertion, lifting or straining for a minimum 8 weeks after your surgery.

Avoid straddle activities like cycling, horseback riding for at least 8 weeks as well.



You may start driving 3-4 days after the surgery.

Please discuss it with your surgeon.



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Be Patient for A Great Result

DO's and DONT's



When Can I Get Back to Work?

Most people return to work within one to two weeks.

Return to work varies with your type of work, your overall health and personal preferences.

Discuss returning work with your surgeon.



Be Patient!



The healing time for labiaplasty is often less than expected and the results are worth to wait!

Once you have completed your second month, you will feel healed.

Please do not ever hesitate to make an aftercare enquiry!

Take Care!



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