



PATIENT RECOVERY GUIDE

Labiaplasty

Aftercare Instructions

Your personalised recovery guide following labiaplasty with Dr. Nazmi Baycin, Dubai.

PROCEDURE	PATIENT	DATE OF SURGERY	FOLLOW-UP
Labiaplasty		DD / MM / YYYY	DD / MM / YYYY

Your recovery after labiaplasty is usually gentle and quick. Because the sutures are absorbable and hidden beneath the skin, there is nothing to remove and very little to manage — keep the area clean, wear a sanitary pad for any light oozing, and let the swelling settle over the first week. Most women return to normal routine almost immediately, with intimacy resuming at three to four weeks once you are comfortable.

1 The First 48 Hours

- ◆ **Keep clean & dry.** Keep the area clean; you may shower the next day and wash gently with a mild baby shampoo.
- ◆ **Medication.** Take prescribed pain relief and any antibiotics exactly as directed.
- ◆ **Sanitary pad.** Wear a pad, as during a period, for any light blood oozing in the first day or two.
- ◆ **Cool compress.** A cool compress over clothing can ease swelling in the first days.
- ◆ **Loose clothing.** Wear loose underwear and clothing to avoid friction on the healing area.
- ◆ **No stitches to remove.** Sutures are absorbable and hidden — nothing needs removing.

2 Recovery Timeline

- DAYS 1 – 2
Comfortable start. No pain on day one thanks to long-acting anaesthetic. Light oozing is normal; use a pad. Mild stinging on urination settles quickly.
- WEEK 1
Swelling settles. Swelling and bruising fade within about a week. You can continue your normal daily routine.
- WEEKS 3 – 4
Intimacy resumes. Sexual intercourse may resume at 3–4 weeks, once you are fully comfortable and pain-free.
- WEEKS 6 – 8
Full healing. The area is fully healed with no visible stitches or surgical marks, and the final result is settled.

“The design was made for you alone, and the healing is gentle by intention. Keep the area clean, give the swelling its week, and trust the process — the result settles quietly and naturally.”

— DR. NAZMI BAYCIN



3 Do's & Don'ts

RECOMMENDED

- ◇ Keep the area clean and dry.
- ◇ Wear loose, breathable underwear.
- ◇ Use a sanitary pad for light oozing.
- ◇ Attend every follow-up appointment.

PLEASE AVOID

- ◇ Tight clothing that rubs the area.
- ◇ Strenuous exercise or cycling early on.
- ◇ Smoking, which delays wound healing.
- ◇ Intimacy before 3–4 weeks / until pain-free.

4 When to Contact Us

⚠ Seek prompt advice if you experience any of the following

- Fever above 38°C or worsening chills.
- Increasing redness, warmth or spreading swelling.
- Heavy bleeding, or opening of the wound edge.
- Severe or increasing pain not eased by medication.
- Unusual or foul-smelling discharge from the wound.
- Difficulty passing urine after the first day.

5 Discharge Checklist

- ☐ Sanitary pads and loose underwear ready at home.
- ☐ Pain relief and any antibiotics collected.
- ☐ Cleaning and showering instructions understood.
- ☐ Follow-up appointment date confirmed.

6 Your Follow-up & Contact

24 / 7 PATIENT LINE

+971 54 749 1111

For any urgent or private concern during your recovery, call this number at any time.

Website — www.nazmibaycin.com

Next appointment — DD / MM / YYYY · __ : __

Operating surgeon — Dr. Nazmi Baycin, FEBOPRAS