



PATIENT RECOVERY GUIDE

Vulvoplasty

Aftercare Instructions

Your personalised, confidential recovery guide following vulvoplasty (labia majora surgery) with Dr. Nazmi Baycin, Dubai.

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

Your recovery after vulvoplasty is usually quick and comfortable. Your stitches are hidden and dissolvable, so there is nothing to remove — caring for the area is simply a matter of keeping it clean and dry. Return to daily life gently over the first days, avoid anything that presses on the area, and give the tissue the few weeks it needs before intimacy so your comfortable, natural result can settle fully.

1 The First 48 Hours

- Gentle hygiene.** Keep the area clean and dry; wash gently and pat dry. Wipe front to back to protect healing.
- Medication.** Take any prescribed pain relief and antibiotics exactly as directed.
- Loose clothing.** Wear loose, soft cotton underwear and avoid tight leggings or trousers that rub the area.
- Rest from intimacy.** No sexual intercourse until the area is fully healed and pain-free — usually about 4–6 weeks.
- Cool compress.** A cool compress in the first day or two eases swelling and bruising of the outer labia.
- No soaking.** Avoid baths, swimming pools, and hot tubs while the wound heals; showers are fine.

2 Recovery Timeline

- DAYS 1 – 3**
Early healing. Home the same day. Mild swelling, bruising, and a little spotting are normal. Keep the area clean and dry; rest gently.
- DAYS 3 – 7**
Back to routine. Most return to light daily activity within a few days. The wound heals over about 1–2 weeks.
- WEEKS 2 – 4**
Building back up. Gradually resume exercise as comfortable. Continue to avoid pressure and friction on the healing area.
- WEEKS 4 – 6**
Full recovery. Intercourse can resume once fully healed and pain-free. After fat transfer, final volume settles as swelling fades.

“I shaped your result to feel natural and comfortable, and to stay discreet. Keep the area clean, be patient through the first weeks, and reach out in confidence any time you have a question.”

— DR. NAZMI BAYCIN



3 Do's & Don'ts

RECOMMENDED

- ◇ Keep the area clean and dry as directed.
- ◇ Wear loose, soft cotton underwear while healing.
- ◇ Walk gently from the first day to support circulation.
- ◇ Attend every follow-up appointment.

PLEASE AVOID

- ◇ Tight clothing that rubs or presses the area.
- ◇ Strenuous exercise until comfortable and cleared.
- ◇ Smoking, which delays healing (and fat-graft survival).
- ◇ Baths, swimming, or soaking the area while healing.

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 or persistent bleeding beyond light spotting.
- Severe or increasing pain not eased by medication.
- An unusual or foul-smelling discharge.
- Opening of a wound, or a stitch line that separates.

5 Discharge Checklist

- ☐ Confidential aftercare guidance understood.
- ☐ Any prescribed medication collected.
- ☐ Hygiene and showering instructions understood.
- ☐ Follow-up appointment date confirmed.

6 Your Follow-up & Contact

24 / 7 PATIENT LINE

+971 54 749 1111

For any concern during your recovery, call this number at any time
— in complete confidence.

Website — www.nazmibaycin.com

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

Operating surgeon — Dr. Nazmi Baycin, FEBOPRAS