



activity for six weeks post op is advised, to allow the tissues adequate time to heal completely. Smoking is a potent cause of poor wound healing, especially in this surgery, and patients are strongly advised to quit for at least a month pre- and post op, if you are a smoker and considering labiaplasty. Of note is that the sensory nerves to this region are well away from the operative site, and therefore no disturbance in erotic sensation will result provided the surgery is done correctly. Most patients in my experience are thrilled with the outcome and have renewed confidence as a result.

Commonly asked questions and answers

Is the surgery painful and what sort of recovery should I expect?

There is a mild “sting” at the time of injection of the local anaesthetic but really no worse than anything you might expect when having a dental procedure. Once the injections are complete, there is zero pain during the procedure and for about two hours post operatively. There is then usually some stinging and burning when the

local anaesthetic wears off, but this is easily treated with prescribed oral analgesics. One day post operatively, the pain is usually significantly better although swelling of varying degree will set in and you can expect swelling for the better part of a week or longer. I usually suggest lying down for 2-3 days to assist with the swelling resolution, but one can bath and shower as normal. A sanitary pad is worn for a few days as spot bleeding is usual, but this settles quickly. Using firm panties also gives some patients comfort early post op. I also suggest no exercise for 4-6 weeks post op.

What age range typically present for this surgery? Before or after childbirth?

My youngest patient who was referred by an OBGYN was 14 years of age and an avid horse-rider. My eldest patient was 63 years of age. I usually see patients in their 20's upwards across all age groups. These are “normal” women from all walks of life – housewives, doctors, lawyers and other professionals – not porn stars! The surgery can be done before or after childbirth – there is no issue delivering vaginally after this surgery.