



AVIVA / Labiaplasty Pre and Post Treatment Guidelines

Pre-treatment

- Should you desire, we offer prophylactic treatment for all patients.
 - Valtrex 500 mg orally twice daily for 5 days
 - Start Valtrex 2 days prior to procedure and continue 3 days post procedure.
- Shave treatment area if hair is present 2 days before procedure.
 - No waxing 2 weeks prior to treatment.
- Anticoagulants should be stopped 10 days before treatment, if medically permitted.
- Arrive for treatment with clean skin.
 - No lotion, perfume, bath/shower oil present on skin in area to be treated.

Post-treatment care

- Dressing should be applied for 24 hours.
- Drainage of fluids out the incision ports may continue for 1-3 days and dressing should be changed daily.
- Discomfort can be reduced by the prescription of oral analgesia.
- Prophylactic oral and topical antibiotics for the incision ports may be prescribed as per the physician discretion.
 - Start the day of treatment and continue for 5-7 days to minimize risk of infection.
- Compression garment should be applied at physician discretion.
 - For Mons Pubis – 3-4 full days, followed by 1-2 weeks at night only.
- Cleanse the treated area with mild soap and water daily after 24 hours.
 - Tiny scabs may appear during healing process.
 - Do not pick at the scabs.
- Limit physical activity and exercise for 2 weeks.
- Avoid intercourse for 2 weeks.
- Do not shave area after procedure for 2 weeks.

Post-treatment expectations

- Bruising may last for 7-10 days.
- Substantial swelling may last for 1-3 weeks.
- Numbness, tingling, itching and tenderness to touch may be present in the treated areas and gradually resolves after 1-4 months.
 - Burning or heat sensation may also be experienced in the treatment areas as well.
- Improvement of contour may be seen immediately, but all effects improve gradually over 3-12 months.
- If you experience fever, chills, purulent drainage, extreme discomfort, please call our office.