

Guidelines for invasive procedure aftercare

Labiaplasty

Stay in the hospital	1 night
Initial follow-up visit	On the 2nd week
First shower	Washing required from day 1
Possible transition to stationary work	After 1 week
Possible transition to sedentary work	After 3 weeks
Swelling and bruising appear	1 month
Avoid physically hard work	1 month
Avoid sexual relations	8 weeks
Horse riding and cycling are prohibited	8 weeks
Threads self-dissolve	For 2 weeks
Forbidden to smoke	1 month
May go to sauna	After 3 months
Outcome can be evaluated	After 3 months