

Labiaplasty FAQs:

*No material on this site is intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician.

Before Your Consultation:

1. What technique does Dr. Hayes use?
 - a. Edge (Trim) Labiaplasty

2. Is there a risk of losing sensation?
 - a. No. The surgical procedure does not go near important nerves.

3. Are there any stitches to remove?
 - a. No. All stitches are absorbable and placed internally. There is nothing that needs to be removed.

4. Are the scars visible?
 - a. The scars tend to heal very well and are usually not noticeable, even when viewed close-up.

5. How long will I be off of work?
 - A. No work:
 - a. 3 days
 - B. Work from home:
 - a. 3-5 days
 - C. "Office Job":
 - a. 5-7 days
 - D. Physical work:
 - a. Depends on job duties

6. When can I resume sexual activity?
 - a. 6 weeks

7. Out of town patients:
 - a. When can I return home?
 - i. Out of town patients (fly-in) can return home at 5 days.
 - ii. Out of town patients (driving > 2 hrs) spend 1 night in Portland after surgery.

After Surgery:

Day of Surgery:

1. What should I do on the day of my surgery?
 - a. For the first several days you'll be at home relaxing and icing the surgical site.

2. When can I drive?
 - a. When you feel comfortable that you can drive safely.
 - b. Most people will start driving after 2-3 days.

3. When can I start working out?
 - a. Walking short distances (1-2 blocks): Anytime
 - b. Walking longer distances: 7 days
 - c. Hiking: 3 weeks
 - d. Weight lifting: 3 weeks
 - e. Cardio: 4 weeks
 - f. Bike riding/Peloton: 6 weeks

Week 6:

1. It's been 6 weeks, what am I allowed to do?
 - a. Okay to resume all activities

2. When does the swelling go away?
 - a. 6-8 weeks