

Procedure Information Sheet

Introduction

Labiaplasty is a surgical procedure to reshape the female external genitalia. The most common procedure is the reduction of the labia minora. The labia minora could be enlarged, irregular in shape and asymmetrical. Enlargement of the labia minora could be congenital. It could also enlarge during puberty, after childbirth and due to aging. It could cause discomfort and irritation, especially during certain activities such as cycling, running and sexual intercourse. The other parts of the external genitalia, such as the clitoral hood and labia majora can also be reshaped at the same time.

Indications

1. Labial hypertrophy and asymmetry
2. Labial protrusion causing discomfort, abrasion, infection and pain

Contradictions

1. Pregnancy, active infection and bleeding disorders.

Before the Operation / Procedure

1. The operation can be performed under local or general anaesthesia.
2. There may be chance of recurrence, surgical revision may be necessary.
3. Clinical results vary and there is no guarantee to the final outcome of the treatment.
4. Photographs will be taken before and after the procedure.
5. There is no guarantee that the surgery will correct symptoms because part of the labia minora may remain exposed after surgery.

After the Operation / Procedure

1. There will be pain at the wound site when you go to the toilet, which usually lasts for a few days to a week. Rarely, the pain may last for longer.
2. There may be oozing of blood or blood-stained fluid in the first 2 days after surgery. This is normal.
3. Wash the wound with the water bottle provided after going to the toilet, then pat the wound dry gently and apply antibiotic ointment.
4. Take shower as normal after surgery. Pat the wound dry gently and apply antibiotic ointment afterwards.
5. For 2 weeks, avoid swimming or soaking in bath.
For 4 weeks, avoid wearing tight clothes or underwear. Avoid activities that may rub or put pressure on the incisions, such as running, cycling, heavy lifting, squatting and lunges.
For 6 weeks, avoid using tampons and sexual intercourse.
6. Sutures removal might be required.

Risks and Complications

1. Pain: It is usually more obvious in the first few days after surgery and gradually fades after one to two weeks. Rarely, the pain may last for longer.
2. Bleeding, haematoma formation that might require surgical evacuation.
3. Infection.
4. Wound dehiscence requiring re-suturing.
5. Under- or over-correction, asymmetry.
6. Unpredictable scarring such as hypertrophic scar or scar contracture causing distortion of the shape of the labia minora. Irritation of the exposed scar.

Patient's Label

Patient Name: _____

Hospital No: _____

Episode No: _____



Disclaimer

This leaflet only provides general information pertaining to this operation / procedure. While common risks and complications are described, the list is not exhaustive, and the degree of risk could also vary between patients. Please contact your doctor for detailed information and specific enquiry.

Reference

A Hamori. Aesthetic surgery of the female genitalia: Labiaplasty and beyond. Plastic and reconstructive surgery 2014.134(4): 661-673

Patient's Signature: _____ Date: _____

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