



Checklist

Labia Reshaping

Dear Patient,

You have decided to have surgery to reshape the labia. Enlarged inner labia can not only be unattractive, they can also cause difficulty in performing sports or can cause problems with intercourse and intimacy. The inner labia are reduced and reshaped so that they are covered by the outer labia. The scar in this region is almost always invisible.

The operation is performed under local anaesthesia as an outpatient procedure in the operating room at my practice. The total costs including all follow-up checks will be EUR 2.000,-

Please note the following details.

Should you have any questions, please do not hesitate to contact me at any time.

Univ.Doiz.Dr. Greta Nehrer

BEFORE THE PROCEDURE

- You should not take any blood-thinning medications (e.g. aspirin) for a period of 10 days before your appointment.
- Before the operation, we will again review and discuss the procedure in detail.
- The area to be treated is prepared with a local anaesthetic ointment about 20 minutes before the operation. As a result, you will feel practically no pain.
- If you are nervous about the procedure, you may be given an oral sedative to reduce your anxiety.
- Please purchase cooling packs for your post-operative care at home (store in the refrigerator, not in the freezer).

DURING THE PROCEDURE

- The operation takes about 45 minutes to perform.
- You will experience only a mild burning sensation associated with the local anaesthetic.
- The wound is closed with self-dissolving sutures.

AFTER THE PROCEDURE

- It will be necessary to rest for at least 20 minutes and cool the treated area with a cooling pack after the operation. Owing to the good circulation of the tissue in this area, post-operative bleeding is possible during the first few hours after the operation.
- A mild burning pain around the surgical site is normal as the anaesthetic wears off. You will not feel any significant pain.
- You will receive a painkiller if needed (e.g. Parkemed).
- We recommend getting plenty of rest and cooling the area with a cooling pack in the first 24 hours after the operation. You should avoid walking at all if possible.
- After going to the toilet, you can briefly rinse the treated area and dab dry. Long showers or tub baths should be avoided during the first 2 weeks to prevent the sutures from dissolving too soon.
- You can return to work after 3 days. You should avoid any exertions, however.
- Avoid heat (sauna) and physical activity for a period of 3 weeks. All normal activities are again possible after this time.
- The results of the operation can be properly assessed after 1 month