

## Available Procedures At Manchester Private Hospital

### BREAST SURGERY

- Breast Enlargement
- Breast Reduction
- Breast Uplift
- Fat Transfer Breast Aug
- Breast Re-Augmentation
- Breast Asymmetry
- Breast Reconstruction
- Transgender Breast Surgery
- Nipple Correction

### BODY SURGERY

- Liposuction
- Vaser Liposuction
- Vaser Hi-def
- Tummy Tuck
- Mini Tummy Tuck
- Arm Lift
- Thigh Lift
- 360 Liposuction
- Body Lift Surgery
- Buffalo Hump Removal
- Fat Transfer
- Lipoedema Liposuction
- Pubic Fat Pad Removal
- Gynecomastia
- J Plasma Renuvion
- Vaginal Tightening
- Labiaplasty
- Varicose Veins
- Pelvic Floor Repair
- Brazilian Butt Lift
- Mummy Makeover

### FACE SURGERY

- Facelift
- Facial Lipo
- Chin Implants
- Eyebrow Lift
- Nose Surgery
- Eyebag Removal
- Ear Correction
- Septorhinoplasty
- Neck Lift Surgery

Excellent  ★ Trustpilot

### CONTACT US

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MANCHESTER  
PRIVATE HOSPITAL

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# Post-Operative Advice Labiaplasty – Mr Morris

## WHEN IS MY MEDICATION NEXT DUE?

Pain Relief - Time \_\_\_\_\_

Antibiotic - Time \_\_\_\_\_

FOR MEDICAL EMERGENCIES

**0787 439 7261**

FOR ANY GENERAL ENQUIRIES

**0161 507 8822**

manchesterprivatehospital.uk

It is advisable to have someone to accompany you on discharge to ensure you get home safely. In addition, we strongly recommend that there is someone with you for 24hours post discharge. Following your procedure, you should not drive for at least 24 hours.

Please also ensure, that there is adequate help at home to help you with your recovery.

**PAIN RELIEF**

As with any surgical procedure you should expect to experience a certain amount of discomfort. The nurse will give you some painkillers, which you should take as directed.

**ANTIBIOTICS**

You may be given a supply of topical antibiotics, which should also be taken as directed. It is very important that you complete the full course. Antibiotics can sometimes cause nausea. If the nausea becomes too problematic, please call the advice line. It is advisable not to drink alcohol until you have completed the course.

**POSTOPERATIVE REVIEW**

Please contact Mr Morris’s pa/MPH to arrange a follow up with him at 2 weeks following surgery.

**GENERAL INFORMATION**

- Some degree of swelling is normal during the first few weeks following the operation. Numbness (reduction of sensitivity) can also be experienced but this is usually temporary.

- You may shower only daily for 2 weeks postoperatively, do not have a bath during this time. (Frequent bathing could result in the stitches dissolving too quickly).
- Sanitary towels must be worn for 1-2 weeks and changed regularly throughout the day. DO NOT use tampons during this time.
- You must avoid sexual intercourse for 6-8 weeks.
- Exercise can be resumed at 2 weeks but activities such as cycling, and horse riding should be avoided for 6 weeks postoperatively.
- Please call us if you suspect you have an infection. Signs include fever, pain, an offensive discharge, or increased bleeding from wound.
- Please wait until you are pain free before you resume driving.
- Using a sunbed or exposing the scar to the sun can ruin the cosmetic result of the scars. It is important to cover the scars and apply a sun block when sunbathing, in the first 6 months following surgery. Do not immerse yourself in a swimming pool or the sea until 30days following surgery. Pregnancy may also cause scar pigmentation.
- Flights should be avoided until at least 30 days following surgery.
- For postoperative advice, please contact MPH.

**RISKS – LABIAPLASTY**

There are risks associated with all types of surgery. Your surgeon will have discussed the precise nature and incidence of these

these risks with you during consultation.

**PAIN**

You may experience some pain and discomfort for a few weeks postoperatively and are advised to take regular painkillers to manage this effectively. Urinating post-surgery may be difficult and somewhat painful due to the burning, stinging sensation caused by the urine passing over the wound. This can be alleviated by either urinating in the shower or by passing a jug of lukewarm water over the area as one urinates in the toilet.

**INFECTION**

Infection is very rare but occasionally occurs following any type of surgery therefore it is important that you recognize any signs of infection such as localized redness, swelling, heat, pain, pus or feeling unwell/feverish and report it to the clinic as soon as possible. Antibiotics are given to you on the day of discharge to reduce the risk of this happening.

**WOUND HEALING**

Most wounds heal within 7-14days postoperatively. However, some wounds require more time to heal and do heal more slowly. More attention may have to be given to these wound sites, therefore regular checks with the nurse will be organised and thoroughly explained. Smoking WILL delay wound healing.

**SCARRING**

The incisions should heal quickly with minimal scarring.

**BLEEDING/HAEMATOMA**

It is normal for there to be slight bleeding from the wound site for the first 24 hours. Sanitary towels should be worn not tampons. If a collection, or haematoma, occurs it may be necessary to remove it surgically or, if minor in size, it may be reabsorbed naturally by the body.

**ALTERED SENSATION**

Some patients experience a change in sensation following a surgical procedure. This is due to disruption of the fine nerves supplying the skin. Usually, full sensation returns gradually over several months.

**DEEP VEIN THROMBOSIS**

This is extremely rare and is associated with co-morbidities such as diabetes mellitus, cancer etc or current medication e.g., contraceptive pill. There may be a familial predisposition. Obesity may also be a contributory factor. Routine prophylaxis with TED stockings and the use of Flowtrons following theatre will greatly reduce this risk.

**EMERGENCY**

**IN CASE OF EMERGENCY PLEASE  
DIAL 999 AND ATTEND ACCIDENT  
AND EMERGENCY THIS INCLUDES  
SUDDEN HIGH TEMPERATURE,  
BLEEDING, CHEST PAIN AND  
BREATHLESSNESS.**