

Labiaplasty consultation and recovery timeframes

Published information from Labiaplasty Sydney, summarised for common questions about the pre-operative pathway and general recovery. Individual instructions and recovery can vary.

Before the procedure

18+

PRACTICE POLICY

Labiaplasty Sydney's practice policy is for adults aged 18 and over.

At least 2

PRE-OPERATIVE CONSULTATIONS

At least one consultation is held in person.

7 days

MINIMUM COOLING-OFF PERIOD

Applies after informed consent and before surgery can be booked and a deposit paid.

60-90 min

PUBLISHED PROCEDURE DURATION

This is a general procedure timeframe; individual circumstances can vary.

General recovery timeframes

● Days 1-3

EARLY RECOVERY

Swelling, bruising and discomfort may occur. Follow the written aftercare plan.

● Weeks 1-2

WORK AND ACTIVITY

Symptoms and return to work vary. Strenuous activity remains restricted.

● Weeks 2-4

RECOVERY PROGRESS

Discomfort and swelling can remain. Increase activity only as advised.

● Weeks 4-6

DAILY ACTIVITIES

Return depends on healing. Resume exercise and sexual activity only when advised.

● 3+ months

ONGOING CHANGE

Swelling, tissue and scars may continue to change for several months.

● Individual

RECOVERY PLAN

There is no single fixed date. Work, activity and follow-up depend on healing.

General information only. All surgical procedures carry risks; results vary. A consultation is required to assess suitability. Follow the individual advice provided by your treating practitioner.

SOURCES AND REVIEWED Reviewed 03-08-2026. Canonical webpages remain the current source of truth.

labiaplastysydney.com.au/labiaplasty-faq/ | labiaplastysydney.com.au/labiaplasty-recovery/

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