



Pediatric Urology

Care after Lysis of Labial Adhesions

Labial adhesions are abnormal joining together of the edges (lips) of the vaginal opening. They may result from recurrent irritation and inflammation of the labial skin, but in many cases they simply occur without obvious cause. They are common and rarely cause problems unless they cover the urinary opening (urethra). They may then be the cause of urinary tract infection or dribbling.

After the labia have been separated, the skin edges will be raw. As they heal, it is important to do the following in order to prevent the edges from sticking back together:

1. Use A&D ointment or Vaseline 3 times a day for 2-4 weeks or until completely healed and then as necessary thereafter. Your child's physician may prescribe an additional cream or ointment for several days.
2. Your child may experience burning or discomfort several days after separation of the adhesions. This is normal. Soaking in a tub of warm water may relieve this irritation and discomfort.
3. Separate the labia gently if adhesions seem to be forming again. This may be performed easily by cleansing in a front-to-back motion using a washcloth.
4. There are no restrictions on your child's activity.