



Pediatric Urology

## Lysis of Labial Adhesions

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Labial adhesions are the 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.

### **The day of the procedure:**

Please arrive 30 minutes prior to your child's procedure/appointment time so that your child can be checked in by the nurse and numbing cream can be applied to the adhesion area.

### **Home care:**

After 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 3x a day for 2-4 weeks or until completely healed and then as necessary thereafter. Vaseline or an antibiotic ointment may be substituted for A&D ointment. Your child's physician may prescribe an additional cream or ointment for several days.
2. Your child may experience burning or discomfort for 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 or A&D ointment.
4. There are no restrictions on your child's activity.