

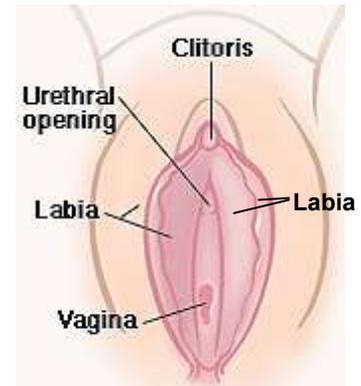
Labial Adhesions

What is a labial adhesion?

The skin around the vagina is called the labia. If the labia gets swollen and sore, and sticks together, it is a labial adhesion. If the adhesion is mild, you may still be able to see the vaginal opening. If it is more severe, you may not be able to see the vaginal opening. This is most common in young girls between the 3 months and 6 years of age.

These adhesions may cause:

- Pain when urinating.
- Leaking after urinating.
- Urinary tract infections.



If there are no symptoms, the adhesions are most often left alone and will separate on their own. If there are problems, they may need to be treated. A topical cream may be used or a procedure in the clinic may need to be done.

How is the procedure done?

Numbing cream is put around the vagina about 30 to 45 minutes before the procedure starts. The adhesions are gently separated with a cotton tip applicator. If your child has a hard time with the procedure or if it is too painful, the procedure may be stopped. It may need to be done at a later date when anesthesia can be used.

How do I care for my child after the procedure?

For a few days

- Tylenol® may be given for pain.
- Normally the labia will be a little red and swollen.
- There will be some mild pain when urinating.
- A few drops of blood are normal.

For one week

- Give your daughter a warm bath twice a day. The warm water is soothing and will help the area heal.
- Once out of the tub, pat her bottom dry. Put a large dab of ointment or Neosporin® cream to keep the skin from sticking back together.

For three months

Each night, put on a small amount of Vaseline® ointment with a Q-tip® to keep the skin from sticking back together. Too much Vaseline may cause irritation.

ALERT: Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has:

- A lot of bleeding.
- Swelling, redness, or bruising that is not getting better.
- Special health care needs that were not covered by this information.

Pediatric Urology:

Monday – Friday 8:00am – 4:30 pm

(414) 266-3794

Monday – Friday 9:30pm – 8:00am and weekends

(414) 266-2000 ask for the Urology
Resident on call

This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.