

Pediatric Urology Associates, Ltd.

& Pediatric Enuresis Center of Arizona

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LABIAL ADHESIONS

Labial adhesions occur when the inner folds of the female genitalia (labia) temporarily grow or adhere together. They are most common in young girls (3 months to 6 years of age).

Labial adhesions are related to hormonal influence. Labial adhesions usually occur due to inflammation of the skin which makes the labia adhere or stick to each other. Poor genital hygiene and bacteria normally present in the area may contribute to labial adhesions. Keeping the area clean and dry is important in the treatment and prevention of labial adhesions.

The majority of labial adhesions are asymptomatic. Post-void dribbling may occur due to labial adhesions. Urinary tract infections are rare with labial adhesions.

The initial treatment of labial adhesions is a trial of estrogen cream. If this is the method chosen for your daughter, then you will need to apply the estrogen cream 2 times per day for 2-8 weeks as directed by your surgeon or physician assistant. Use a pea-sized amount of cream and apply the cream to the middle of the adhesion and apply slight pressure with your finger.

Occasionally, your doctor will recommend separating the labial adhesions in the office with topical anesthetic (numbing cream). In some children, this procedure is done under general anesthesia in the hospital.

Once the adhesions are gone, you will want to prevent them from reoccurring. It is important to apply a thin layer of Desitin on the area every night. If your daughter is applying Desitin herself, it is important for you to check the area regularly to make sure the adhesions are not coming back.