

### Postoperative Care Instructions for Vaginoplasty

- Our office will provide you with a dilator kit and other postoperative care items.
- Please purchase the following items for your postoperative care:
  - ✓ Hydrogen Peroxide
  - ✓ Massengill or vinegar **non-scented** douche
  - ✓ 2 small squirt bottles
  - ✓ Panty Liners
  - ✓ Rubber or nitrile exam gloves
- Maintaining personal hygiene is very important postoperatively. Please wash your hands before and after any contact with the genital area. You should shower or wash daily. When washing the genital area, always wipe from front to back in order to avoid contamination of the vaginal and urethral area with bacteria from the anal region. Please also avoid wearing tight clothing as friction may also facilitate bacterial transfer.
- There will be vaginal packing inserted during surgery. This will be removed at your first postoperative appointment. After removal of the packing, you may start cleaning the genital area daily for two weeks.
- The vaginal sutures are absorbable. The labial sutures will be removed in the office at your second postoperative appointment.
- After packing is removed, please refer to the following instructions regarding care for the genital area:
  1. Keep the genital area as dry as possible.
  2. After urination or bowel movement, gently rinse the genital and rectal area by spraying the small squirt bottles (dilute a small amount of soap in warm water and mix the bottle prior to use). Pat dry.
  3. Cleanse the exterior suture lines twice daily with a mixture of ½ water and ½ hydrogen peroxide. Pat dry.
  4. Douche with water and vinegar or massengil **non-scented** pre mixed douche **starting on day 10**, then **1-2 times weekly**, unless instructed otherwise.
  5. **DO NOT** take baths for 3 weeks following surgery
  6. Dilation is an extremely important part of your recovery. Our office will provide you with dilators and provide you with instructions regarding dilation in your postoperative period.
- Vaginal discharge that is brownish yellow should be expected in the first 4-6 weeks postoperatively. The soap and water douche should help to reduce this.
- Labial swelling is normal and will gradually resolve within 6 weeks postoperatively. Swelling may be aggravated by long term sitting or standing. Applying ice on the perineum for 20 minutes every hour can assist in relieving some of the swelling.
- You may resume sexual intercourse within 4 weeks after surgery unless you have been instructed otherwise.

## **BROWNSTEIN & CRANE SURGICAL SERVICES**

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- You may resume soaking baths, using the hot tub or sauna, and swimming one month postoperatively.

### **Important Contact Information:**

**\*\*For medical or logistical questions, please phone the office during normal business hours\*\***

Office Phone: 415.625.3230

Office Hours: Monday - Thursday, 9:00 am- 3:00 pm

Friday, 9:00 am- noon

**For any of the below situations, please phone the office during normal business hours with any questions. Please do not call Dr. Crane directly on his cell phone.**

**\*\*Swelling** is a normal postoperative occurrence; you can use ice to decrease this (20 min on/20 off)

**\*\*Postoperative pain** is a normal postoperative occurrence; please take the medication as prescribed-- do not take NSAIDs or aspirin as this can contribute to postoperative bleeding

**\*\*Itching** is a normal side effect of postoperative pain medication; if you experience itching without a rash, you may take over the counter Benadryl or stop taking the medication and switch to extra strength Tylenol. If a rash is present with itching, discontinue the use of medication and take Benadryl as directed.

**\*\*Nausea** is a normal side effect of postoperative pain medication; if you experience itching without a rash, you may take over the counter Benadryl or stop taking the medication and switch to extra strength Tylenol

**\*\*Constipation** is a normal side effect of postoperative pain medication; you may take an over the counter laxative or stool softener.

**\*\*Blood in urine for the first 6 weeks** is normal following surgery.

**\*\*If your catheter is not draining**, please reposition the urine bag below the bladder level to see if this affects the drainage. If repositioning is not effective, flush the catheter with water.

**\*\*Postoperative incontinence** is normal while your urethra is swollen. The urethra will be swollen for up to 12 weeks postoperatively.

**\*\*When the office is closed and there is an emergency please call Dr. Crane's cell phone. \*\***

Dr. Crane's Cell Phone: 603.667.5555

**If any of the situations listed below occur outside of business hours, please contact Dr. Crane on his cell phone ONLY in the following events:**

**\*\*Fever over 101° F**

**\*\*Pus or drainage from the incision sites coupled with a foul odor**

**\*\*Total inability to void after the catheter is removed**