Vaginoplasty External Revision Aftercare Instructions

Office Phone Number: (415) 395-9895
After-hours nurse triage: (855) 639-7424
Office hours: Monday to Friday from 8:30 AM to 4:30 PM.
For any life-threatening emergencies please call 9-1-1

Please call the office or answering service if you have any of the following:
- Fever of 101 F or more
- Severe or worsening pain not relieved by pain medication
- Chills, vomiting, abdominal pain, worsening swelling, redness, or increased pus from incisions
- Heavy bleeding that does not stop after applying moderate pressure for 30 minutes

Post op Wound Care:
- The stitches dissolve over 2 months. Yellow discharge and occasional spotting can occur as you are healing.
- You may take a shower and gently wash area with soap and water.
- Do not place anything internally for 6 weeks after surgery.

Activity:
- Do not place anything inside or submerge the groin area for 6 weeks after surgery. This includes: intercourse, baths, and the use of pools or hot tubs.
- During the first 2 weeks after surgery walking and climbing stairs is OK but please do not lift anything over 10 lbs.
- After 2 weeks post-op you may resume low impact aerobic exercises and work.
- After 4 weeks post-op you may resume lifting greater than 20 lbs and higher impact aerobic activity.
- After 6 weeks you may resume heavy lifting and normal workouts.
- You may return to work 4 weeks after surgery.

Dilation:
- Continue dilating after surgery as you had been pre-operatively
- Dilation may be more uncomfortable initially post op but is necessary to maintain vaginal depth

Constipation:
- Increase your fluid intake and take a stool softener such as Colace or Miralax (see medication section) and an additional fiber supplement (Metamucil or Benefiber) no later than post-operative day 1.
- You can also try Smooth Moves Tea, which can be found at Whole Foods or similar stores.

Travel:
- You will need to be accompanied home when discharged from the hospital. You will not be allowed to leave by yourself.
- For comfort and stability, bring pillows for the ride home.
- We encourage you not to travel for 2 weeks after surgery. If you have upcoming plans, please bring this to our attention. You post op visit will be scheduled for 2 weeks after surgery.

Swelling:
- Swelling of the labia is normal and is expected 6-8 weeks post-operatively.
- Long periods of sitting or standing can make swelling worse.
- To reduce swelling, apply an ice pack wrapped in a towel to the mons and perineum continuously.
- You may also try taking Arnica, an herbal supplement, daily starting post op for pain and swelling.
Medications:
You will be prescribed three post-operative medications:

- **Percocet** (oxycodone/acetaminophen)
  - Pain medication - take every 4 to 6 hours as needed for SEVERE PAIN
  - Do not combine with other medications that contain Tylenol/acetaminophen
  - If you no longer have severe pain, please change to Tylenol Extra Strength and stop taking the prescription pain medication.

- **Ibuprofen**
  - Pain medication - take 600 mg every 6 hours as needed for pain, do not exceed 2400 mg in 24 hours

- **Gabapentin**
  - Medication for nerve pain: 300 mg three times per day

- **Zofran (ondansetron)**
  - Medication for nausea: Take every 8 hours as needed

- Take all medications initially starting the evening you go home.

Over the counter medication recommendation:

- **Extra-strength Tylenol (acetaminophen)**
  - Pain medication for mild-moderate pain
  - Do not exceed 1g/4 hours or 4g/day or combine with other medications that contain Tylenol/acetaminophen

- **Arnica and bromelain tablets**
  - Limited data suggest these supplements may help with pain, swelling, and bruising after surgery
  - You can find this medication on Amazon, at Whole Foods, or most natural food store
  - Please note that homeopathic medications are not regulated by the same standards of quality as other over the counter medications

- **Colace**
  - Stool softener; 50-300 mg/day can be used for up to 7 days

Hormones
- You may resume taking Estradiol after surgery.