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Simple Metodioplasty Discharge Instructions

1. You have had a metodioplasty. This involves the release of phallus from the labia minora and construction of neo-penis. The area is wrapped with Vaseline gauze. This should be left on until it loosens up (up to 5 days). If after 5 days it has not fallen off, you can tease it off while showering. It usually will not stick, although there may be some dried blood that makes it difficult to remove.
2. Keep ice (wrapped in a wash cloth) on the area for 24 hours to reduce swelling.
3. When gauze falls off, apply Neosporin gel along the length of the incision. The total length of the incision is about 5", and extends from the labia minor remnants along the under surface of the penis.
4. All stitches are dissolvable and do not require special removal.
5. There may be some bruising which is normal, or slight oozing of blood or clear yellow fluid, which is also normal. Excessive bleeding or significant swelling larger than a golf ball should be reported. However, this is unlikely.
6. Restrict activity for one week after surgery. Bending, walking, etc., are fine.
7. Resume normal activity (heavy exercise, etc.) 4 weeks after surgery.
8. You can shower as soon as you would like after surgery. Do not scrub the area, but just allow water wash over the area. No bathing for 4 weeks after surgery.
9. Take pain medication (if needed) and antibiotics.
10. It is recommended that you see your primary care physician within 4 weeks of surgery.
11. After 3 months healing should be complete. Please send photos via email to the office at robin@marcibowers.com at that time. By checking the box below, you agree that you will allow Dr. Bowers to confidentially share your results with other clients. If you do not wish for Dr. Bowers to share these results, please indicate.