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### **Ring Metoidioplasty Discharge Instructions**

1. You have had a ring metoidioplasty. This involves the release of phallus from the labia minora and construction of neo-penis and a urethral lengthening. You will leave the hospital with a foley catheter that should be removed after 10 days (this can be done yourself or by your primary care physician). You should get instruction for removal from the discharge nurse. You will probably not have any Vaseline gauze on the penis at the time of discharge, but if you do you can remove this. It usually will not stick, although there may be some dried blood that makes it difficult to remove. If this is the case, you can tease it off while in the shower.
2. When gauze is gone, 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.
3. All stitches are dissolvable and do not require special removal.
4. 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.
5. Restrict activity for one week after surgery. Bending, walking, etc., are fine.
6. Resume normal activity (heavy exercise, etc.) 4 - 6 weeks after surgery.
7. You can shower as soon as you would like after surgery. Do not scrub the area, but just allow water to wash over the area. No bathing for 4 weeks after surgery.
8. Take pain medication (if needed) and antibiotics.
9. It is recommended that you see your primary care physician within 4 weeks of surgery.
10. After 3 months healing should be complete. Please send photos via email to the office at [robin@marcibowers.com](mailto:robin@marcibowers.com) at that time, or any time prior if you have any questions or concerns about healing. **You can contact Robin on her cell phone at (xxx) xxx-xxxx if you have any concerns after business hours or on weekends.** During business hours you can call the office with any concerns at (719) 846-6300.