

VAGINOPLASTY POST-OPERATIVE INSTRUCTIONS

ACTIVITY

- REST, Advance activity as tolerated after 24 hours. The more time sitting/standing, the more engorged the area is.
- Ensure you have assistance the first day.
- DO NOT DRIVE while taking medication
- NO tub baths, hot tubs, or ocean/lake water for FOUR WEEKS.
- NO thong underwear or tight fitting clothing for FOUR WEEKS.
- Limit strenuous physical activity for four weeks, advance from walking to your old routine over time.
- NO jogging or bouncing activity for FOUR WEEKS.
- NO tampons or douching for SIX WEEKS.
- Sex may be resumed after SIX WEEKS.

FLUID & DIET

- Start with liquids and advance as tolerated Drink plenty of fluids - keep at bedside
- Constipation may occur. To minimize - take a stool softener, eat fruits and vegetables, increase fluid intake.

Medical Assistant Team available M-F 8:30-5:00: **Direct: 713.354.5194 -or- 713.354.5117**
For serious medical concerns relating to your procedure after business hours and on weekends: Please contact our answering service **713.799.9999 or 844.952-1196**

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MEDICATIONS:

- Prescribed medications should be taken as ordered; call our office should the medications not manage your discomfort.
- Eat something with ALL medications. Avoid alcohol while taking narcotics
- Avoid anti-inflammatory medication such as Advil. Take Tylenol/Acetaminophen instead.

INCISION CARE:

- If vaginal packing placed (white gauze outside the vaginal opening), remove the gauze pack the morning following surgical procedure per instructions received from clinic. Bacitracin ointment can be applied to incision line twice a day for comfort for 1 week, then Vaseline thereafter as needed.
- Swelling and bruising is to be expected. Use an ice pack to the perineum and vulva structures to minimize discomfort and swelling for the first 48 hours.
- Hemorrhoid flare up: On rare occasions - a preexisting hemorrhoid can flair. Avoid constipation. Preparation H Cooling Gel only can be used (not standard). This should resolve in 10-14 days. You will have drainage. Wear a pad to manage any drainage that may occur. NO TAMPONS. Clean gently with warm water from squirt bottle after each urination and bowel movement. Pat dry. NO RUBBING. Use supplied topical numbing spray as needed for discomfort.

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COMPLICATIONS:

- (IF you need immediate attention, CALL 911 or go to nearest hospital emergency room - otherwise, please call our office at 713-799-9999 to speak to your surgeon/staff for any of the following:)
- Chills or fever over 101.5 (Taken by mouth)
- Pain not minimized by prescribed medications.
- Consistent bright red blood drainage or clots, other than small amount of oozing.
- Inability to urinate or completely empty your bladder.
- Constipation not relived with over the counter medication.
- Shortness of breath, difficulty breathing, chest pain.
- Nausea or vomiting - not alleviated with prescribed medications
- Calf tenderness, pain, swelling.

FOLLOW UP CARE:

- Standard follow up care is at: 1 week, 3 weeks, and 6 weeks post op, unless otherwise told by your surgeon.

NOTE: Postoperative depression is relatively common after any form of cosmetic surgery. Such depression is usually related to the immediate post-operative discomfort, anxiety over the appearance (swelling & bruising), and limited socializing activity. This depression will resolve as appearance improves and you return to your customary activities and interests.