

The Catheter at Home After a Vaginoplasty

You are about to leave our clinic after a vaginoplasty. For optimal aftercare, we have listed the most important points for you. If you have any questions, uncertainties, or concerns, please do not hesitate to contact our nursing department.

We are reachable during office hours at the phone number: 085-0600854.

General Information

When you leave the clinic, you will still have the catheter and the tampon. These will be removed after the weekend. The nursing staff has scheduled an appointment with you for this. You will report back to the 3rd floor.

It can happen that you lose a piece of the tampon when you have a bowel movement. You may cut this off.

As long as there are wounds, wound fluid with sometimes a bit of blood will leak. This will stop naturally once the wounds have healed. To absorb this, you can wear a sanitary pad. Change it regularly.

Care

As long as you have the tampon, you are not allowed to shower. However, it is advisable to wash your genital area. Use a washcloth and wipe from front to back. The tampon should not get too wet. Then, pat the genital area dry with a clean towel.

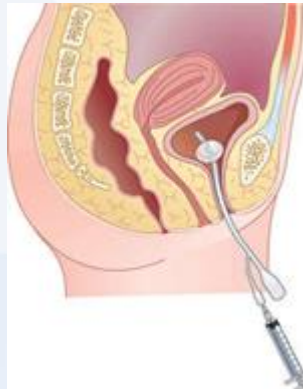
Medications

Painkillers: Often, Paracetamol (maximum 4 x 1000 mg per day) is sufficient to suppress pain/discomfort. Use Paracetamol at regular intervals for the most effective results. You can buy Paracetamol at the drugstore. If Paracetamol is not sufficient, you can get Ibuprofen at the drugstore.

Catheter

A urinary catheter is a tube in the urethra that drains urine from the bladder. The most common reason for placing a urinary catheter is due to urinary retention (not being able to completely empty the bladder, leaving urine behind). In your case, the indication is that the urethra has been stitched, and a tampon has been placed in the new vagina, which can compress the urethra.

At the beginning of the catheter, there is a balloon (see images). After insertion, the balloon is filled. The balloon ensures that the catheter stays in place. At the other end, there is a collection bag.



Daily Care

You need to take care of the catheter daily to prevent infections such as bladder infections. Here's how to do it:

- Wash your hands before and after caring for the catheter.
- When the catheter bag is full, empty it into the toilet using the tap at the bottom of the urine bag.
- Some discharge (mucus) may form where the catheter exits the body. This is nothing to worry about. You can remove it with a gauze pad.
- Drink at least one and a half liters of fluids per day. This helps prevent bladder infections and catheter blockages.
- Always carry or hang the collection bag lower than the catheter exit to ensure proper urine drainage.
- Avoid pulling on the catheter, as this can damage the bladder. That is why your catheter is taped to your abdomen.
- The clinic nurse will explain how to care for the catheter.

Collection System

You will use a (night) collection bag. During the day, make sure there are no kinks in the tube. At night, hang the urine collection bag on the bed using a rack. (With a box spring bed, place the catheter bag next to your bed in a bucket.)

If you think no urine is coming through the tube, disconnect the catheter from the tube. Let the urine flow through, then reconnect the input and output. Observe whether the urine flows.

Bladder Training at Home After Vaginoplasty

The goal of bladder training is to maintain the capacity of the bladder as much as possible and to allow you to urinate voluntarily. If bladder training is not done, you may not be able to urinate when the catheter is removed.

Every 2 hours, let the catheter drain into the toilet and observe how much comes out. Exceptions include:

- If you feel the urge to urinate before 2 hours, let the catheter drain.
- If there is little urine production every 2 hours, you can increase the time between drainings.

Possible Complications

- **Catheter Blockage:** First, check if there is a kink in the tube or collection bag. If not, it may be necessary to flush or replace the catheter.
- **Urine Leakage Around the Catheter:** Urine leakage can also be caused by bladder spasms, which press urine out beside the catheter.

Bowel Movements

It may take a few days for your bowel movements to resume. The tampon can make it more difficult to pass stool, as it provides resistance during bowel movements. It is important to prevent the stool from becoming too hard. Straining is not advisable in the first few weeks after surgery. Drink plenty of fluids each day (at least 1.5 liters) and eat a fiber-rich diet. You will receive a prescription for Movicolon from us to stimulate bowel movements.

Here are some tips:

- Make sure your feet are flat on the ground when you sit on the toilet and take your time
- Sit with a rounded lower back. If this is not possible because you have a raised toilet, place a small stool under your feet
- Try to strain as little as possible. If you have difficulty passing stool, take a few deep breaths in and out while alternately arching and rounding your back, then sit quietly again with a rounded lower back
- Always wipe your buttocks from back to front, from the anus upward towards the back



Algemeen

085 0600 855
info@mkvelsen.nl

Openingstijden

Maandag t/m vrijdag van
08.00 uur tot 18.00 uur

Polikliniek

085 0600 853
polikliniek@mkvelsen.nl

Openingstijden

Maandag t/m vrijdag van
08.30 uur tot 12.30 uur en
van 13.00 uur tot 16.30 uur

Verpleging

085 0600 854
verpleging@mkvelsen.nl

Bezoekuren

Alle dagen van
10.30 uur tot 12.00 uur en
van 14.30 uur tot 20.00 uur

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