

Vaginoplasty with instructions for dilatation

You are about to leave our clinic after a vaginoplasty. For optimal aftercare, we have listed the most important points for you. If, after reading this, you still have uncertainties, questions or worries, please do not hesitate to contact our nursing department. We are available on all days on the following phone number: **085-0600854**

In case of an emergency, you can also reach us at night on the above telephone number. By emergency, we mean health problems that cannot wait until the next working day. For example: severe blood loss, high fever, severe pain or if you are truly worried and want to ask for medical advice.

General information

- The stiches will remain after you leave our clinic. Over time, these will resolve on their own (this can take weeks to months).
- The sutures may come loose, which can cause a wound. This usually occurs around the entrance of the vagina. The reason for this is because this area is often moist and under tension. The wounds will close on their own and this can take a few weeks. Rinse the area of the wound once a day with a lukewarm shower and then pat it dry. The wound healing is accompanied by the production of certain proteins, which can give a yellow layer on the wounds. This is not pus, but promotes wound healing. So do not try to wash it away.
- As long as there are wounds, fluid and blood from the wound can leak. This will stop on its own once the wounds have healed. In order to cope with this, you can wear a sanitary towel. Change this regularly. Whenever possible, allow the area to dry with the air.
- Small pieces of skin from the labia and/or vagina may die. This can lead to an unpleasant smell. The body sheds the dead skin cells, hereby leaving a wound that can heal naturally. Try to keep the area as clean as possible, as described above. The amount of tissue that is rejected will not increase and you do not need to come to the clinic for this.
- If wounds have arisen, it is important that you continue to move and dilate.
- Swimming, taking a bath and going to the sauna is not allowed as long as there are wounds due to the possibility of the risk of infection.
- Cycling will be uncomfortable during the first few weeks. You will feel for yourself when this is possible again.
- If your external wounds have healed properly, you can have sexual intercourse after about six weeks. We advise you to discover your body yourself and try to have an orgasm before you give someone else permission to do this.

Cleaning

As long as you have wounds in the genital area after surgery, rinse it externally under the shower once a day. Then the genital area can be patted dry with a clean towel.

Medication

Co-trimoxazol: This type of antibiotic is intended to prevent urinary tract infections. It is started AFTER the catheter is removed. It is of high importance that you complete the course of antibiotics (5 days). If the catheter has been replaced during the hospital stay, you should stop this course. You will receive the recipe from us.

NOTE: if you have had a urinary tract infection in your past, it is more likely to reoccur.

Painkillers: Paracetamol (maximum 4 x 1000 mg per day) is often sufficient to suppress the pain/discomfort. Use Paracetamol at fixed times for the most effective effect. You can buy paracetamol at the drugstore. If additional pain relief is necessary, you will receive the appropriate medication from your doctor on prescription.



Urinating

After removing the catheter, the urination may leave a sense of burning. The pee jet may be spraying in the beginning and/or directed a little more forward. This improves when the surgical site has healed and the swelling decreases.

Sometimes it is difficult to get the pee going or it is not possible to urinate properly.

Down below will follow a few tips:

- Always try to sit on the toilet instead of hanging above the toilet seat
- Make sure that your feet are flat on the floor
- Sit upright with the pelvis tilted slightly forward (hollow lower back)
- Relax the abdominal and pelvic floor muscles
- Take a deep breath and gently blow the air out through pursed lips (or try to blow out with a whistle)
- Run a tap if necessary.
- Try to avoid straining. By applying too much pressure, you can close off the urethra.
- Take your time to urinate adequately
- After urinating, empty the bladder thoroughly by tilting the pelvis forwards and backwards a few times (make the lower back concave and convex)
- If urination is painful because of urine flow past the wounds, try to pour some water along the vagina while urinating.



Stool

It may take a few days for the stool to start again. It is important to prevent the stool from becoming too hard. Pushing is not advisable in the first weeks after surgery. Drink enough a day (at

least 1.5 liters) and make sure you eat meals enriched with fiber. You will receive a Movicolon prescription from us to stimulate bowel movements.

Below are some tips:

- Make sure your feet are flat on the floor 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 squeeze as little as possible. If the stool is difficult, take a few deep breaths in and out while you alternately make the back concave and convex and then sit still with a convex lower back;
- Always wipe the buttocks starting from the from the anus and then move up to the back.

If you have any questions, please do not hesitate to contact our clinic



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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