



Hymenoplasty Post-Operative

Care Guide

IMPORTANT:

- The most important tenant of your recovery is to minimize excessive stretching and rubbing of the area repaired – the vaginal opening.
- The crucial time frame is the first 3 weeks after surgery. Most separations start in the first 2-3 weeks after surgery.
- The ultimate success of your surgery is largely dependent on your self-care in the weeks after your procedure.
- Your incisions are VERY delicate, it is very imperative that you follow the instructions as given.

Keeping Clean:

- Starting the evening of your surgery, take warm “sitz” baths (soak the perineal are in clean warm water) for about 15-20 minutes.
- After each urination and bowel movement rinse yourself well and gently dab (DO NOT RUB/WIPE) the area (upper vagina ONLY, DO NOT touch near the bottom where the incision is located), then apply a clean sanitary pad.

Activities:

- For the first 5-7 days you should relax and take it easy. It is extremely important to minimize activities including walking, stair climbing, heavy lifting (over 5kg), all ambulating activities, etc. for two weeks after surgery. When you sit, make sure there is no direct pressure on the incision – sit on soft cushions or the “donut” cushion.

Car Driving

- DO NOT plan on driving a vehicle for the first full week after surgery. After week one, routine driving is OK but automatic transmission only. Be most careful of perineal pulling with “ins & outs”.

Squatting

- DON'T! Until ONE MONTH after surgery

Exercising/Aerobics/Running/Swimming.

- Not until ONE MONTH after surgery

“Things in Vagina” (tampons, fingers, massagers, etc.)

- Nothing may be inserted into the vagina UNTIL YOU ARE READY TO HAVE INTERCOURSE.

Medications:

- If given anti-biotic medication, please take it as directed.
- Use of your pain medication is encouraged, beginning when you get home (or leave the office) and every 4 hours for a minimum of 18 hours after surgery and then using it on an “as-needed” basis.
- Always take your pain meds with food.
- Pain medications can cause constipation. Use of stool softeners are encouraged in this case.

Normal Signs:

- It is normal to have modest pain/soreness, a small amount of blood or bloody discharge for up to 3-4 days, occasional spotting tannish or yellowish discharge for 3 weeks.
- The area should not exhibit increasing tenderness or redness day-by-day.

Urination:

- If you experience painful urination, inability to urinate or urinary frequency, drink plenty of fluids and try emptying your bladder while taking a long warm shower or bath. If symptoms persist, please contact Dr. Saud Majid.

Danger Signs:

- Evidence of infection:
 - Redness.
 - Swelling of the incision areas.
 - Fever of 100 degrees or higher.
 - Foul smelling vaginal discharge.
 - Increasing day-by-day pain.
 - Bleeding.
- Tearing of sutures.