



Vaginoplasty Post-Operative

Care Guide

Recovery Period:

- One can anticipate a full recovery within six to eight weeks post-surgery. Despite this, most patients can resume their daily routines within a few days after the procedure.
- It is not uncommon for patients to experience a range of symptoms in the days and weeks following surgery. These may include swelling, tenderness, bruising, and soreness in the operated area. Post-operative symptoms may also consist of discharge and light bleeding, which are generally considered to be normal in the immediate aftermath of the procedure.
- However, if you observe excessive or abnormal bleeding, it is strongly advised that you contact your medical professional immediately. The same applies to any severe pain or swelling, which does not appear to diminish as time progresses but seems to be worsening. These could potentially indicate complications in the healing process and should be promptly addressed to ensure a safe and successful recovery from your vaginoplasty.
- During the first two weeks, you should avoid the application of sanitary products which have to be inserted inside a vagina. External sanitary products such as sanitary pads are perfectly fine to use instead of tampons to minimize the risk of irritation and discomfort to the wound incisions.

What activities should I avoid?

- It's important not to overdo it in the first few days after vaginoplasty surgery. Keeping mobile after the procedure and maintaining good hydration to improve healing is important. It is, however, essential to ensure you get proper rest to facilitate optimal healing after vagina tightening. Vagina tightening surgery often involves complex muscle repair, and patients who are able to sleep for the recommended period of time will find that the risk of developing wound complications is significantly minimized. Patients should make sure to sleep on their back for the first month after vaginoplasty to avoid any rubbing on the area of the surgery.
- There are several common side effects which are to be expected after vagina tightening surgery, and these include a mild degree of bruising, swelling and discomfort. The symptoms should settle down after the first week, with a full

resolution by the end of week two. If you experience mild to moderate discomfort after vagina surgery, it is essential to take the prescription painkillers given to you after the surgery to reduce discomfort. Maintaining good levels of mobility is essential to reduce the risk of venous thromboembolism.

- Localized swelling in the area of the vaginal area can be effectively controlled with the application of cold packs for limited periods of time. It's important not to apply the cold packs directly against the skin to avoid skin necrosis. We also recommend wearing cotton loose-fitting clothing to avoid any irritation or rubbing against the surgical site.
- Washing after vaginoplasty can be commenced two days after surgery, and it is important not to rub the area to avoid potential wound breakdown. You should also avoid any soaps or other topical agents, as these could increase the risk of developing a fungal infection. A bath should be avoided for the first four weeks after surgery, including saunas, steam rooms and Jacuzzis.
- All stitches used during vaginoplasty surgery are absorbable in nature, which means you will not need to return to have them removed at your post-operative appointment. You will still need to attend your post-operative appointment for a full wound check and to receive further postoperative instructions.

When does sensation return?

- After vaginal tightening surgery, it is common to develop a degree of post-operative swelling, and this can result in an impaired sensation that presents in several different ways. Some women may notice a loss of feeling in the area, while others may notice an increased sensitivity even to light touch.
- In the vast majority of cases, these changes are temporary and last no more than 3-4 weeks. If changes in sensation are persistent beyond four weeks, we would advise being assessed by your surgeon as, in some cases, sensation may be impaired permanently.

When is the best time to restart physical activity?

- Vaginoplasty is a delicate reconstructive operation, and it is important to restrict certain physical activities in the early postoperative period to avoid developing postoperative complications, which could affect wound healing and possibly increase the risk of wound infection.
- You should avoid any type of strenuous activity that significantly elevates your heart rate, such as running, and you should avoid certain resistance exercises, such as lifting weights.

- It is also important to maintain a high-fiber diet to avoid developing constipation. This is to ensure that you do not strain excessively on the toilet and protect the healing vagina surgery area.
- There are several physical activities, such as cycling or running, which should be avoided for the full six weeks as these activities can irritate the vagina.
- Steam rooms and saunas should be avoided for a minimum of eight weeks.
- Generally, in the vast majority of cases, patients have recovered fully from vagina-tightening surgery at the six-week mark. At this point, women can resume the vast majority of physical activities.

When can I have sex?

- Sexual intercourse can be safely restarted approximately six weeks after the procedure.
- You should feel entirely comfortable before considering sexual activity involving penetration to minimize certain symptoms, such as excessive pain or the development of soreness following intercourse, as this could impact the wound incisions, leading to wound breakdown.
- To minimize the risks, we would advise an adequate period of time for foreplay to ensure that the vagina lubrication is sufficient to permit satisfactory intercourse. For women who are going through menopause and may have symptoms of vagina dryness or are having treatment for a medical condition which affects vagina secretions, we would advise using an appropriate water-soluble lubricant which is non-irritant.
- Women should also remember that there is a wide variety of sexual activities which do not involve intercourse, which may help with proper healing after vaginoplasty.