



CANADIAN PLASTIC SURGERY CENTRE

VAGINOPLASTY SURGERY POST-OPERATIVE INSTRUCTIONS

- Surgery in the Vagina and/or Labia causes significant amounts of swelling. Begin to apply ice or cold packs covered with a gentle cloth (not directly onto skin) immediately after surgery and **hourly** for the first 48-72 hrs. Swelling is maximal at 48hrs and will resolve significantly over the following 2 weeks with some swelling persisting for 1-2 months thereafter.
- Ibuprofen (Generic Advil) 400 mg taken **every** 6hrs will reduce swelling and pain and should be started 24hrs after surgery.
- Additional pain medication has been prescribed to you, which are Tylenol #3 or Percocet. You can take 1-2 tablets every 4-6 hours **as needed**. Do not drive while taking this medication and/or until 24hrs after your last pill. Please take Colace, a stool softener while you are using prescription narcotic medications. Colace helps prevent constipation.
- The day after your surgery:
 - You will start doing Epsom Salt (unscented) sitz baths for 10-15 min 2-3 times a day for 2 weeks following surgery.
 - After completing 2 weeks of Epsom Salt sitz baths, change to Baking Soda sitz baths for an additional 2 weeks.
 - Pat the area dry following baths and DO NOT wipe to avoid pulling at the stitches.
 - Apply Flagyl cream 2-3 times a day to the inside and entrance of the vagina after each sitz bath.
 - Apply Fucidin cream, IF PRESCRIBED, 2-3 times a day to the perineum incision (skin outside the vagina) after each sitz bath.
 - Antibiotics may cause a change in vaginal flora and cause a yeast infection. You can purchase and apply Canesten cream for any symptoms of redness, irritation, and itchiness to the area should a yeast infection be suspected
- In addition to swelling and pain, some bleeding from incision sites is normal following surgery. You may benefit from wearing a pad for mild bleeding. Bleeding will typically stop in 1-3 days after surgery.
- Wear comfortable loose clothing so as to prevent any unnecessary pressure or damage to the surgical incisions. Full cotton underwear is recommended. NO thongs.
- It is advised that you do not engage in sexual intercourse (penetration) for 6 weeks or until recommended by your doctor to prevent your incisions from opening.

*If you have any questions or concerns, please call our office at:
(416) 244-8377 Monday-Friday 9am-6pm.*

*For urgent questions or problems after hours and/or on weekends, you can Dr. Chivers' nurse.
Any urgent concerns will be relayed to Dr Chivers.*

Patient Initials: _____