



SOUTH COAST
UROGYNECOLOGY

THE ALINSOD INSTITUTE FOR
AESTHETIC VAGINAL SURGERY

Aesthetic Vaginal Surgery
POST-OPERATIVE CARE INSTRUCTIONS
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Congratulations on having aesthetic vaginal surgery. It is now up to you to ensure that healing occurs properly by protecting the tissues and not allowing them to become stretched or pulled. For the next six to eight weeks, these instructions should be followed as carefully as possible. Please contact the office if you have any questions or would like clarification of these post-op instructions.

PLEASE REVIEW AND FOLLOW THESE INSTRUCTIONS

Pamper yourself and take it easy, especially the first couple of days. Please be aware that you may experience some pain or discomfort in the vaginal area. You may spot blood or have a small to moderate amount of discharge. This is normal and will lessen within a few days. You may initially experience some irritating symptoms, such as rubbing and sticking, puffiness, and bruising. This is not unusual during the early phases of healing and will resolve with time. Wear loose clothing for comfort and keep your vaginal area clean and dry. Use soap and water daily. A hand sprayer is helpful to keep discharge and debris from accumulating in your vaginal region. If you had a laser procedure, clean off the whitish discharge often.

For the first week, you should relax and take it easy. Limit your activities to light work or deskwork. This is a great time to catch up on your reading, television programs or other similar activities that you rarely have time for. You can walk up and down stairs, drive, cook, go to movies but avoid activities such as vacuuming, heavy gardening, carrying heavy objects, lifting your children, swimming. You may drive once you feel comfortable and able. Use pain medicine, such as Ibuprofen and Darvocet, when needed and use ice packs and Dermoplast Spray for comfort.

Do not use a tampon or put anything into the vagina except the estrogen cream. Avoid vaginal sexual activity for the first 6 to 8 weeks. You can start vaginal stretching exercises at 6 to 8 weeks post-op. Use your estrogen cream daily to aid in healing and regeneration of new skin. This will also prevent erosions. Finish your antibiotics.

Take a vitamin every day for 3 months following surgery to ensure you have excellent nutrition. Use pain medications when you need it. Finish your antibiotics. Use your estrogen cream daily to aid in healing and regeneration of new skin. It is very important to take a stool softener to reduce the risk of straining during elimination. Use the following for stool softening: Milk of Magnesia (2 tbsp by mouth, once a day), Colace (100mg by mouth, twice a day), Fibercon (2 tablets by mouth twice a day) or Metamucil daily, Dulcolax suppositories as needed and Fleets Enema as needed. It is also very important not to strain these newly reconstructed tissues and to control any coughing aggressively with medications such as Robitussin DM or Phenergan with Codeine. Call us if you need a prescription called into your pharmacy.

Weeks 2 – 4 gradually increase your physical activities, but specifically you should still not lift heavy objects (one (1) gallon of liquid or more). Walking or strolling is acceptable – just no power walking, impact exercises, jogging or aerobics.

Weeks 5 – 8 gradually resume normal activities. If you are still sore or certain activities are still uncomfortable, wait an additional week or two before resuming. If you had laser resurfacing it may take weeks to months for normal coloration to come back. If you are bleeding more than expected, have an odorous discharge, have a fever, have increased swelling of your labia or vulva, or have any other concerns, please contact the office immediately.

If you live outside the area please contact us via email or phone at any time. Feel free to use photographs on our secure website to show us any areas of concern. We will respond rapidly.