

# GRS Surgery Post Operative Advice

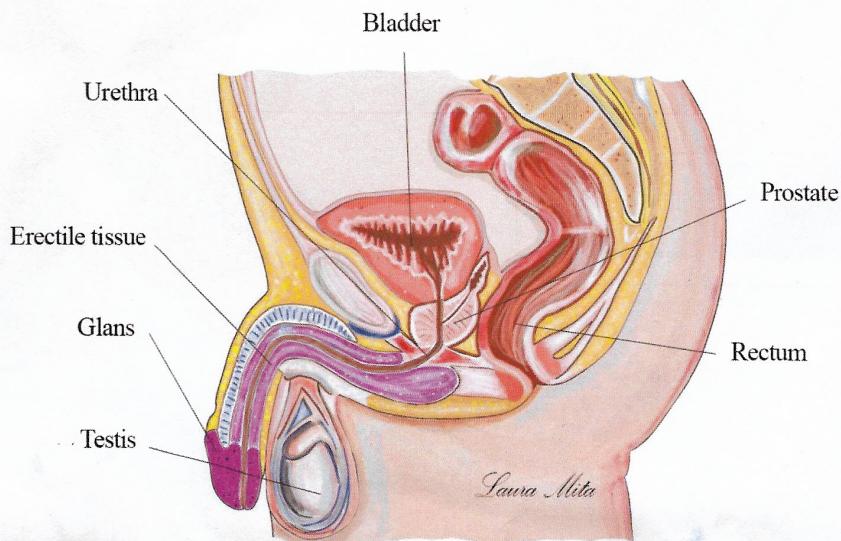
PARKSIDE  
PRIVATE HOSPITAL

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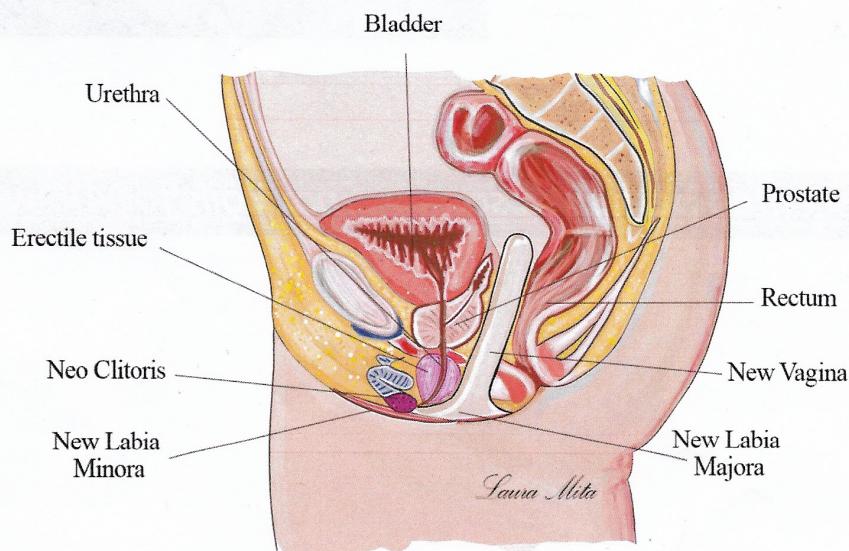
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# YOUR NEW ANATOMY AFTER VAGINOPLASTY

## THE MALE PELVIC ORGANS

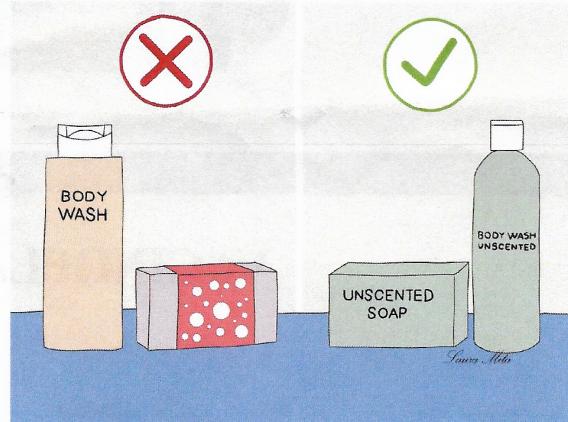
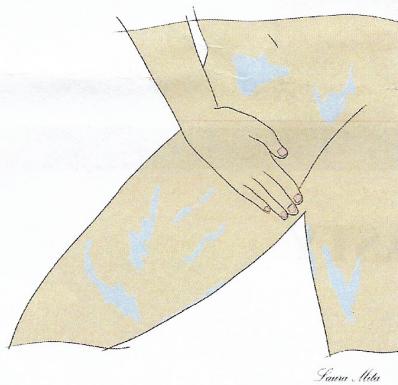
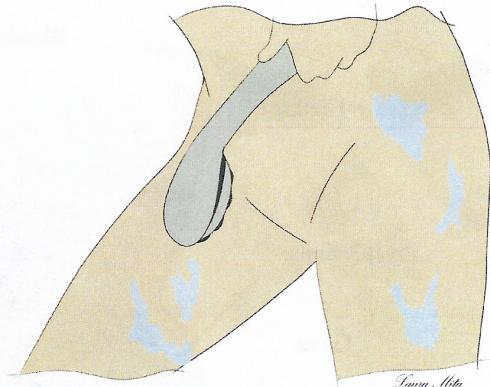
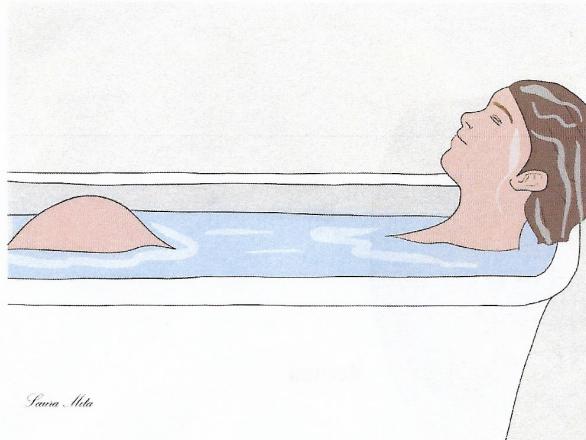


## VAGINOPLASTY



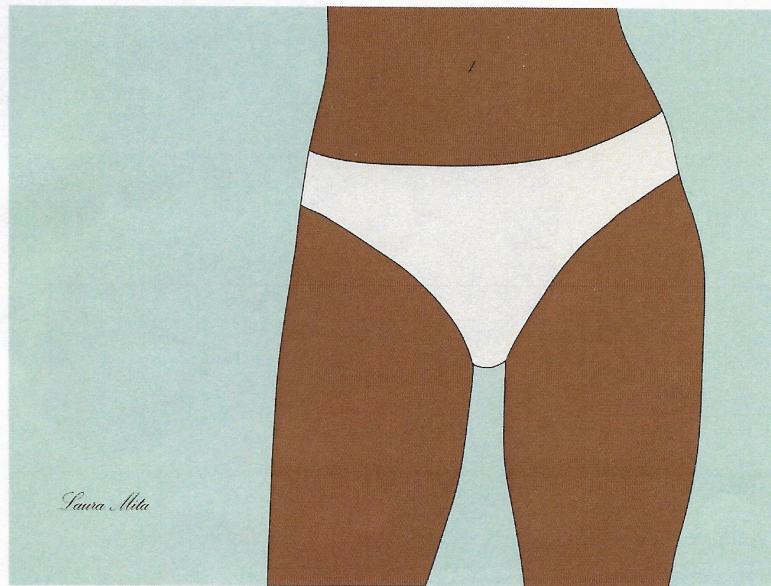
## Wound Care

All stitches/sutures are dissolvable. You can bathe or shower as many times as you wish. Add natural bath salt if you wish.

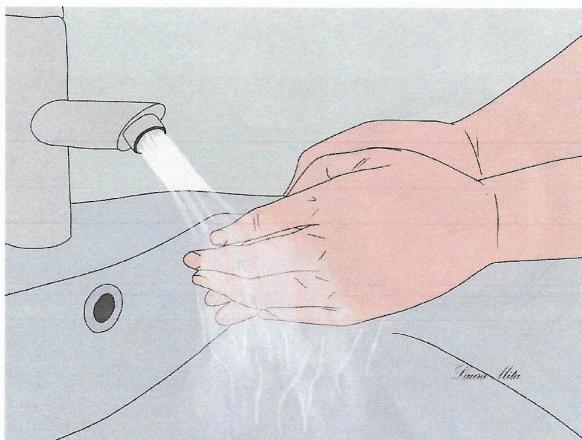


**Do not use scented perfumed soaps or bath oils for 4-6 weeks**

Wear comfortable, white cotton underwear that's loose enough to prevent the fabric from rubbing against your genitals.



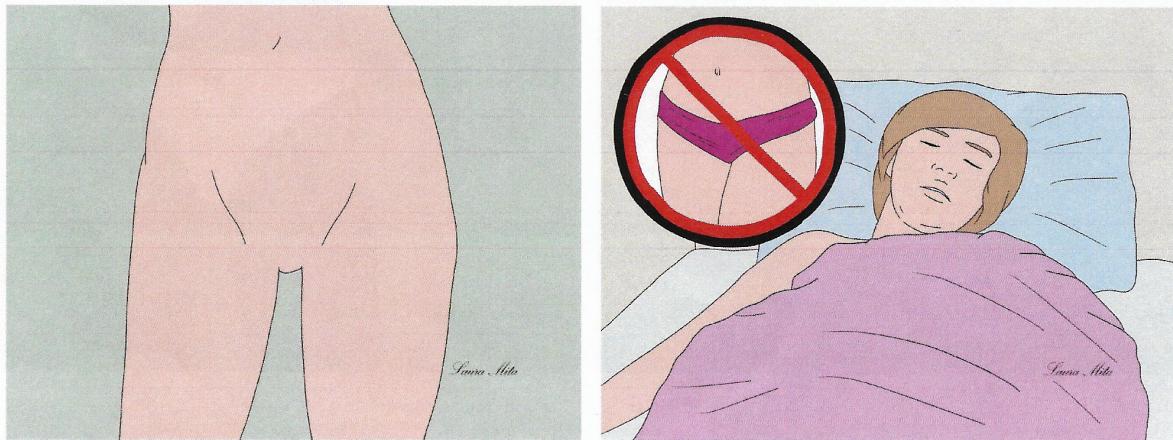
Change your pads every 2 to 4 hours. Wash hands before and after any contact with the genital area.



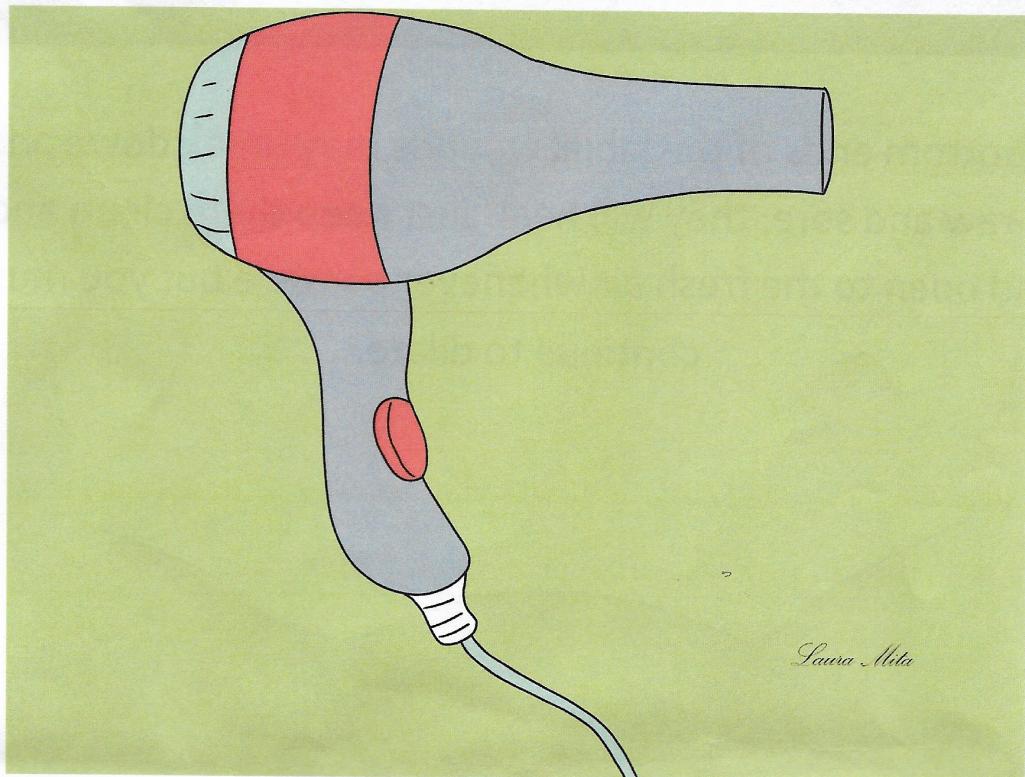
When wiping your bottom, make sure you wipe gently from front to back. This will help prevent bacteria in your anus infecting the cut and surrounding tissue.



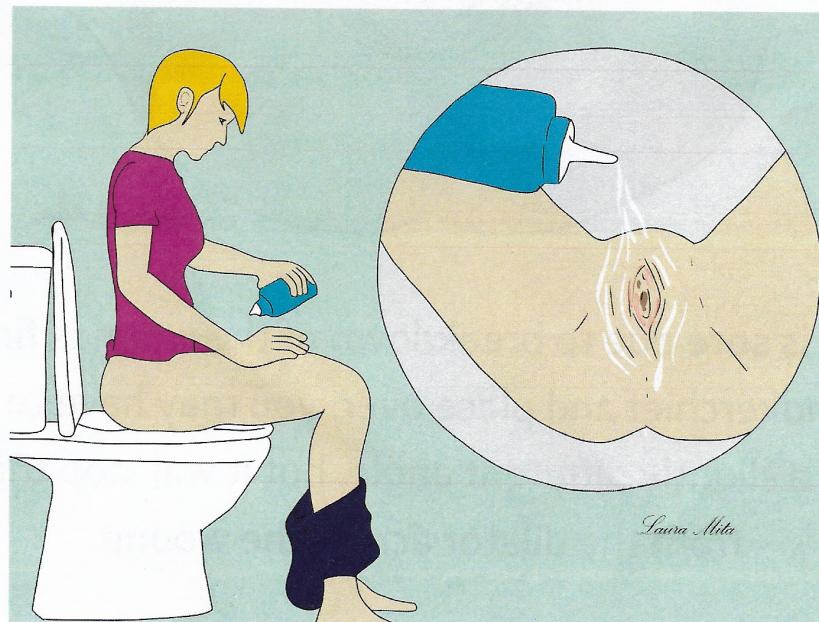
When possible leave off underwear and pads.



**Use a hairdryer over the area for 10-15 mins on a cool setting.**

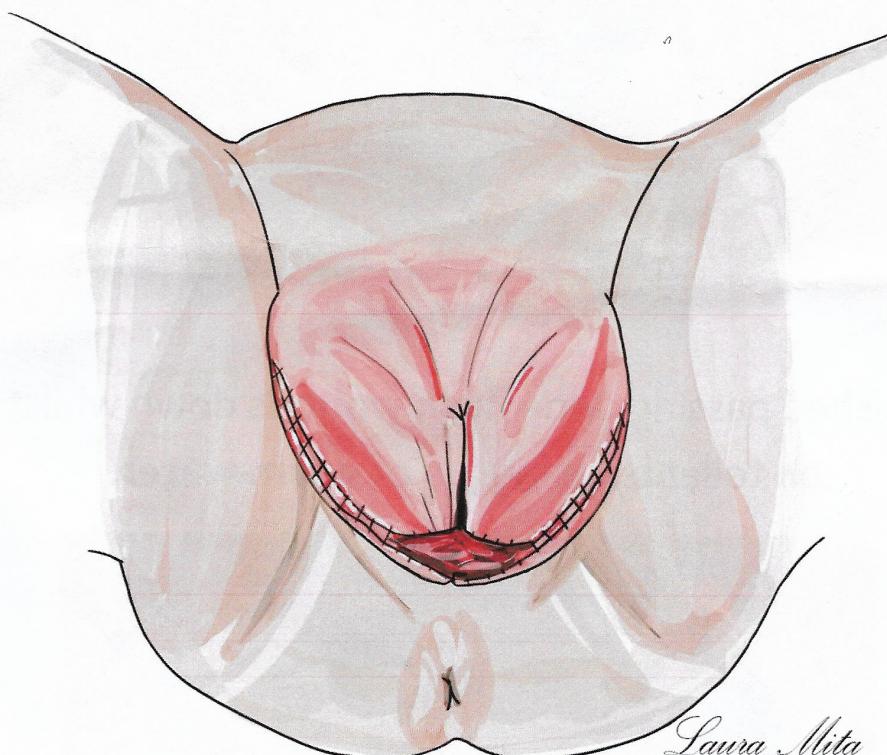


**When finished passing urine flush wounds down whilst still sit on toilet by using jug of warm water.**



## Wound Dehiscence

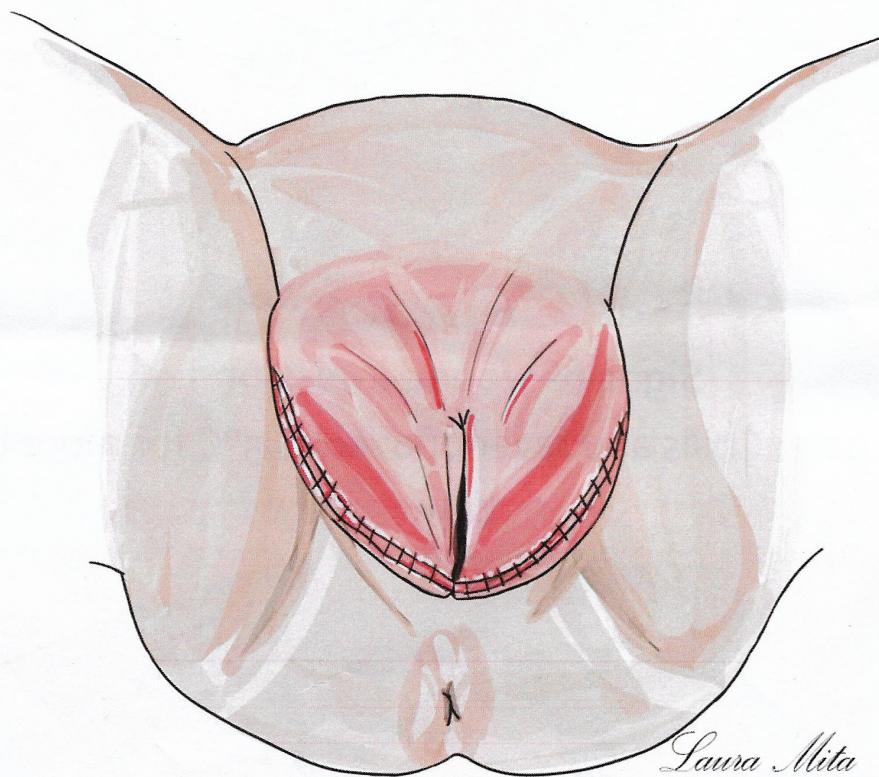
The bottom ends of the labial wounds may break down and be quite raw and sore; they will heal. Just **keep them clean and dry** and open to the fresh air whenever possible but you must continue to dilate.



If **dilation is sore** due to breakdown of the wounds find a clean cotton handkerchief and place over, you may have to enter the vagina at a slightly different angle, but it will stop the friction from the dilator across the wound.

## SWELLING/BRUIISING

Labial swelling is normal and will gradually resolve 6-8 weeks postoperatively. You can apply ice pack to the affected area for 10 minutes. Wait at least 2-3 hours between each application. Ice should not be applied directly to skin.



If you experience an abnormal swelling with severe pain, please contact the specialist nurses.

It is normal for the wound to be bruised. Bruising, which may extend to the hips will change colour and gradually disappear over time.

# DISCHARGE

Vaginal discharge  
that is brownish yellow  
should be expected in  
the first  
4-6 weeks.



**Signs of wound infection**  
Severe pain. Chills and fever of over  $38.5^{\circ}\text{C}$  for more than 24 hours.



If you experience any **green** discharge ask your GP to take a swab.

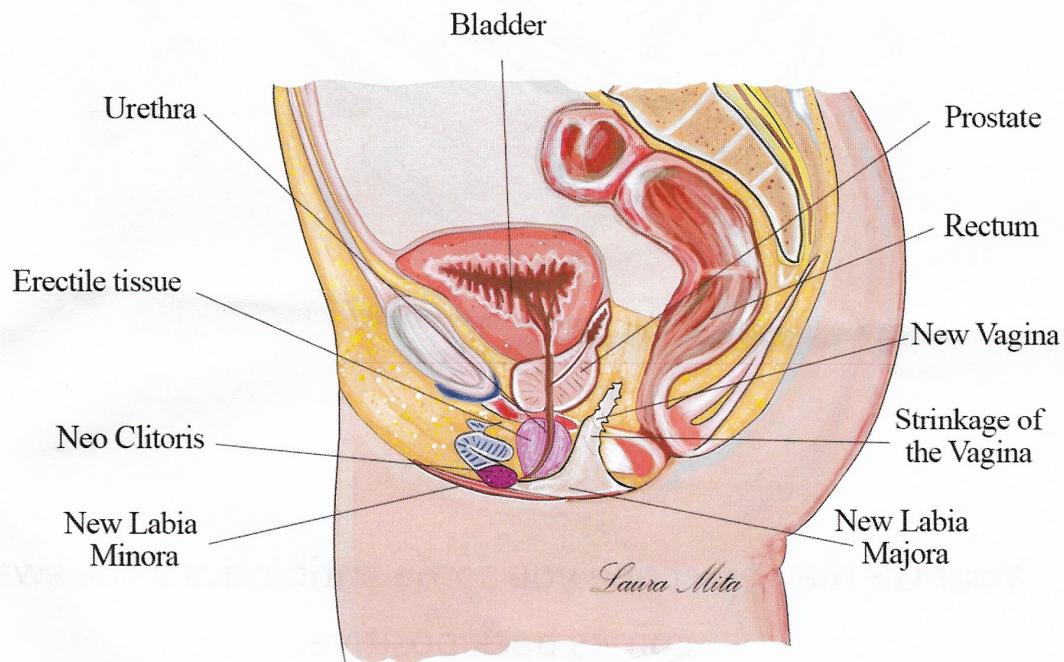


Your GP may prescribe you some antibiotics if the swab comes back positive.



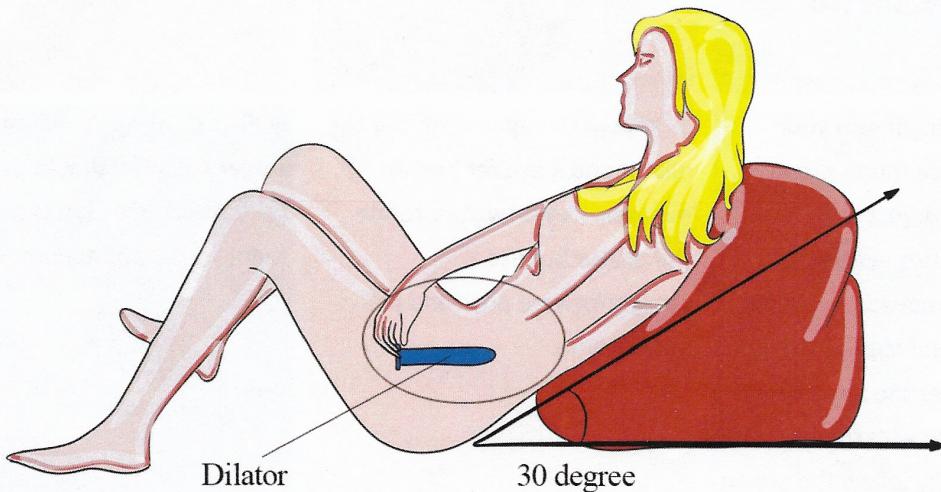
## DILATION

### LOSS OF VAGINAL DEPTH



The purpose of dilating is to maintain the depth of the vagina.  
Losing depth is irreversible.

# DILATION



*Laura Mita*

Dilate three times a day until your clinic appointment about eight weeks after your operation. Never rotate or twist the dilator but use straightforward push and pull movements.

Remember to have an empty bladder and bowel before dilating.



1- Always start with the small dilator as a guide (in and out), and then use the bigger size for twenty minutes. Give yourself time

2- Apply lubricant on your small dilator and massage the vaginal opening.

3- Get the small dilator with your non dominant hand.

4- Slide your finger into your vagina and once there, placed the small dilator just under the finger at the entrance and as your finger removed the dilator should slowly be moved in as far it can go. Lower the angle to make it parallel with the bed. The tip will naturally follow the lumen of the vagina and should not need a lot of force to insert. To avoid injury, do not apply any excess pressure. Move the dilator and hold it.

5- Repeat this again with the big dilator and leave for twenty minutes. Never twist or rotate the dilator but use straightforward push and pull movements.

6- First eight weeks following surgery dilation should be performed three times a day. (until your Clinic appointment).

7- For a further eight weeks dilation should be performed twice a day. However, if it is difficult to get the dilator in, continue them 3 times a day for another 2 weeks before you try reducing frequency again.

8- If all is well after this initial 16 weeks, dilation can be performed once a day for the next two months.

9- By this stage, your body should be able to tell you if you could go down to alternate days.

10- Your body should now be able to tell you when you can go down to once week.

11- After your surgery two dilators will be given to you. Soul Source GRS vaginal dilators Size#1 (violet) 9" length x 1-1/8" diameter Size#2 (blue) 9" length x 1-1/4" diameter. After your follow up appointment if you like, you can buy the size up.

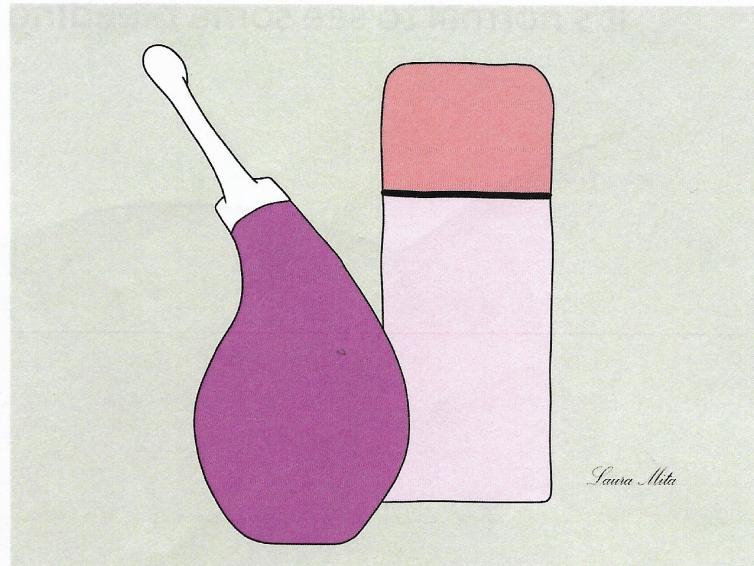
12- Wash the dilators with an antibacterial hand soap after each use.

You will be given a douche kit to use.

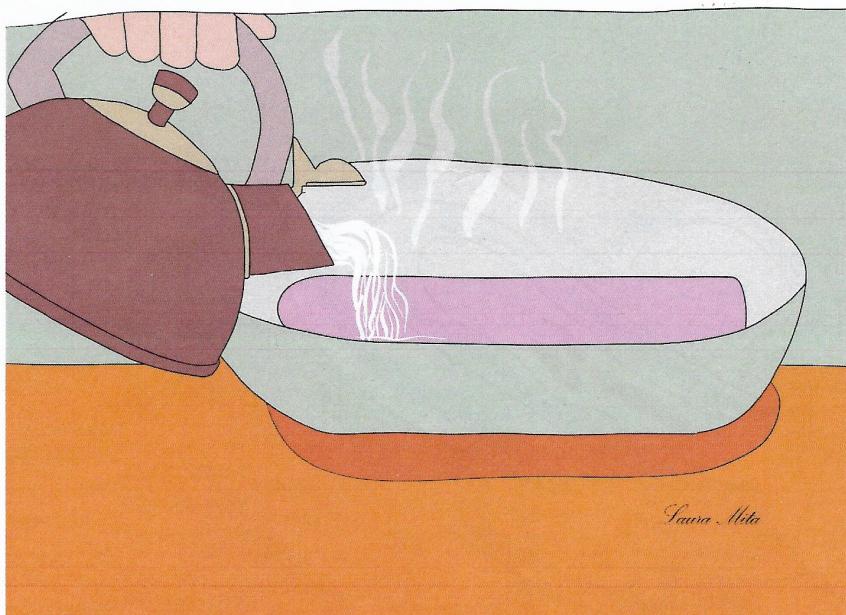
You should fill it with tepid tap water and it should just be washed with warm water.

Douche after every dilation

for first few weeks then at least once a day preferably after the last dilation of the day.

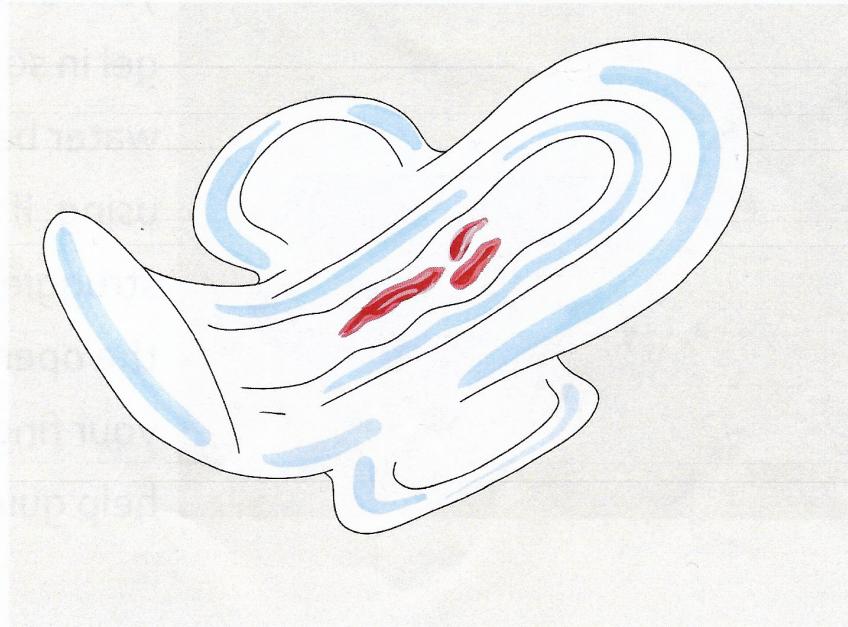
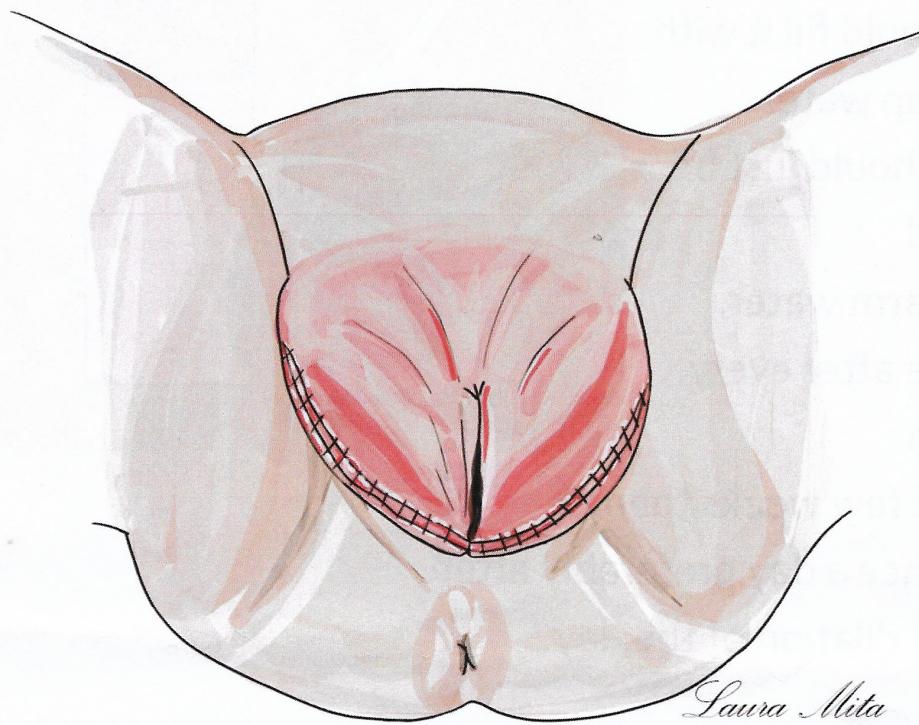


Laura Mita



You can warm your dilators and gel in some warm water before using. If you struggle to find the opening use your finger to help guide you.

It's normal to see some **bleeding** with dilation.



# PELVIC FLOOR RELAXATION

Pelvic floor muscles are the layer of muscles that support the pelvic organs and span the bottom of the pelvis. You can contract or relax your pelvic floor, consciously or as a reflex. This makes it possible to have control of your bladder, bowel and sexual functioning.

Relaxing your pelvic floor muscles is essential for a proper dilation of your new vagina.

If you are having difficulty with dilation, you can follow these instructions:

You can breathe with your diaphragm.

Create a relaxing bedroom oasis.

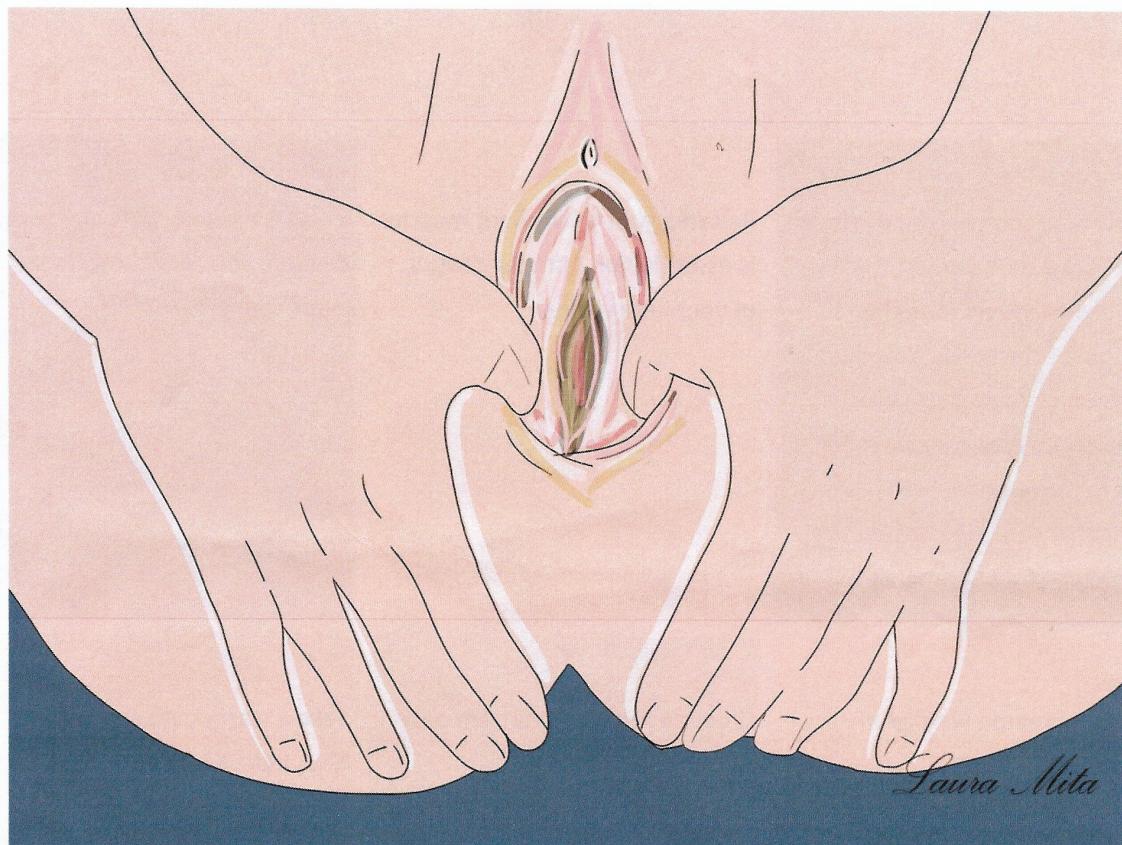
Take a warm bath around an hour before dilation.

Minimize prolonged sitting by taking frequent rest breaks where you stand and walk around.

Sit with good posture avoiding slumped posture which is known to increase pelvic tension. This means maintaining the curve in your low back when sitting

A quality support cushion can help to alleviate pelvic pressure and pain.

**Massage on superficial perineal muscles, scar tissue of perineum and vaginal opening.**





Scents such as lavender and geranium are naturally calming, so invest in some essential oils to help you relax.

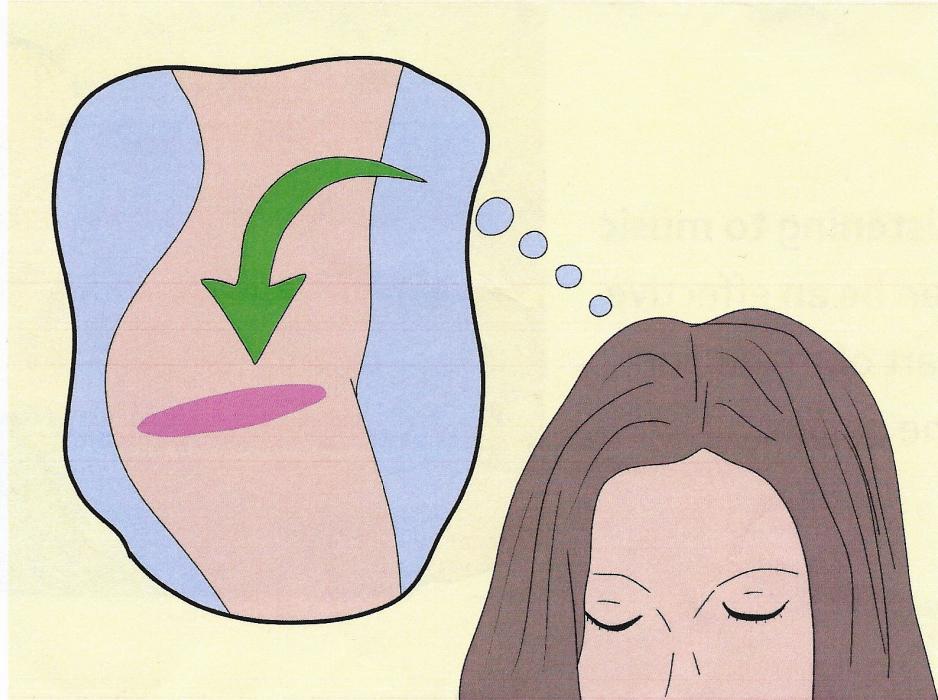
**Listening to music** can be an effective part of managing the pain.



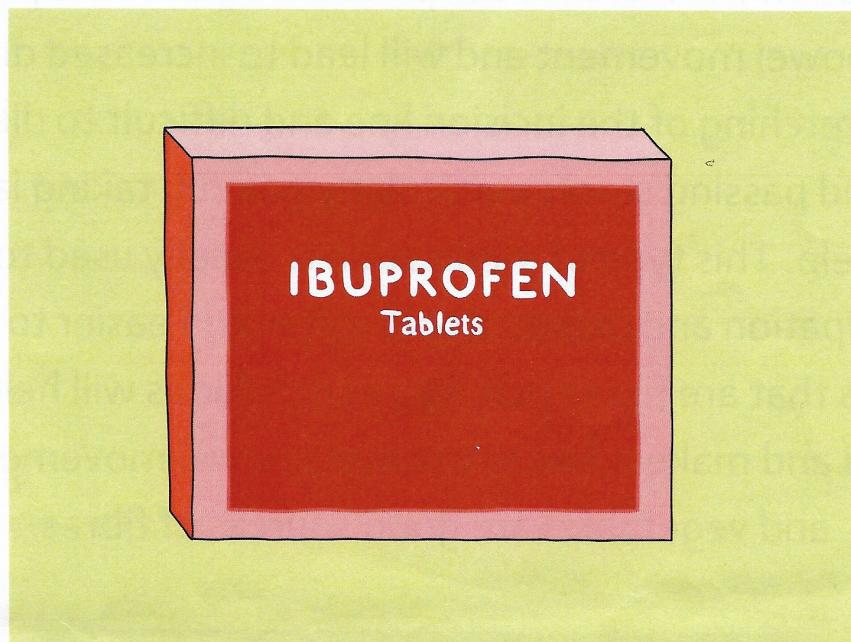


Place a warm pack over the pelvic floor.

During the dilation, try visualizing your pelvic floor muscles relaxing.



## PAIN RELIEF



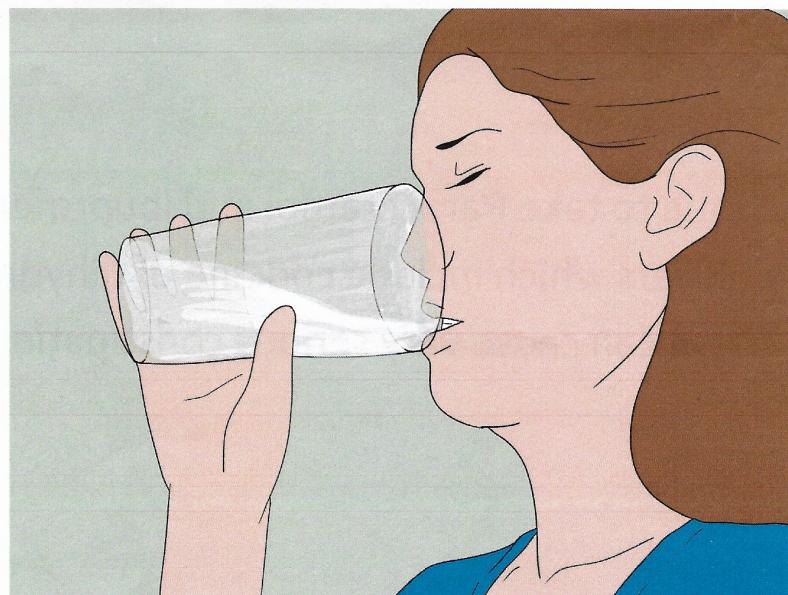
Please continue to take Paracetamol and Ibuprofen. Do not take any painkillers which include codeine or dihydrocodeine, as these can cause very serious constipation.

## CONSTIPATION

Constipation will increase the pressure against the perineum during a bowel movement and will lead to increased discomfort and stretching of the incision line and difficult to dilating.

If you find passing stools particularly painful, taking laxatives may help. This type of medication is usually used to treat constipation and makes stools softer and easier to pass.

Eat foods that are fibres rich. Fibres rich foods will help loosen your stool and make it easier to have a bowel movement. Fruits and vegetables are good sources of fibres.

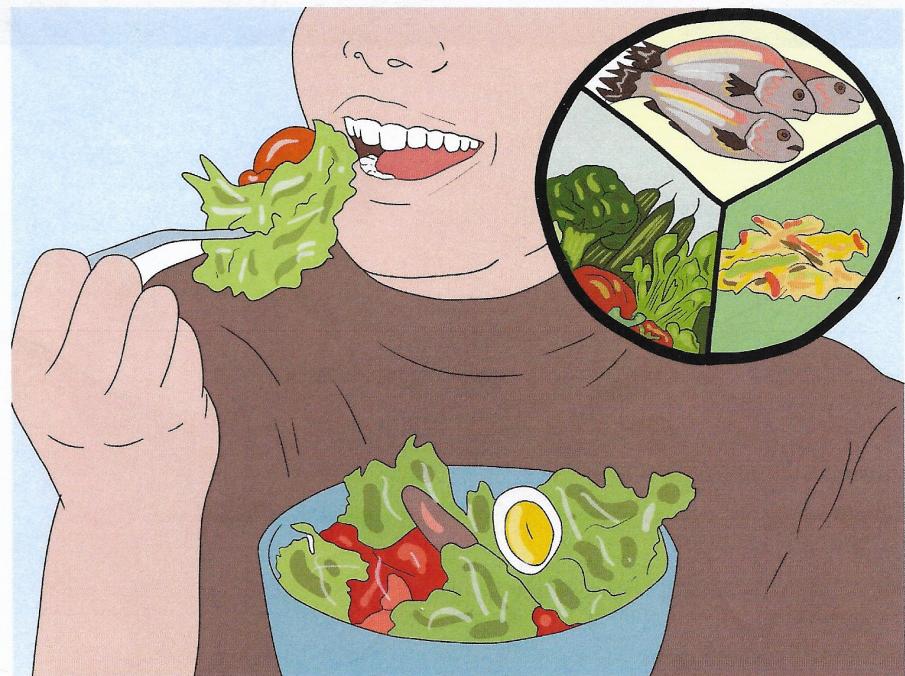


To reduce your chances of becoming constipated, make sure that you drink plenty of water, eat fibre rich foods, and get some mild exercise during the day.

A healthy, balanced diet plays an important role in helping any wounds heal

A healthy,  
balanced  
diet  
contains a  
variety of  
foods that  
give you the  
calories,  
proteins,

vitamins and minerals your body needs.



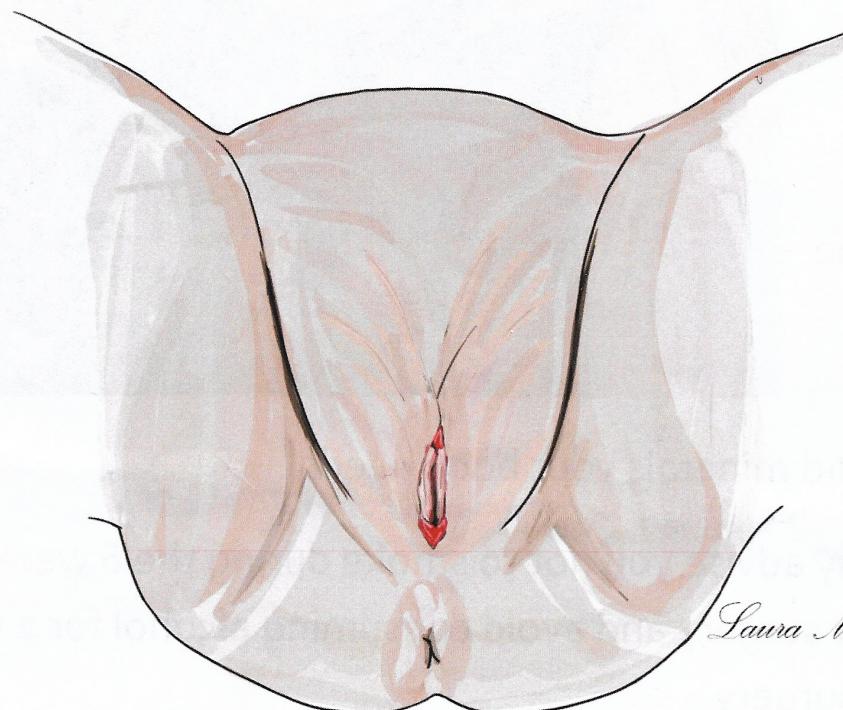
We strongly advise you not to smoke during the 6 weeks that follow your surgery and avoid consuming alcohol for 2 weeks following surgery.

### MALODOUR



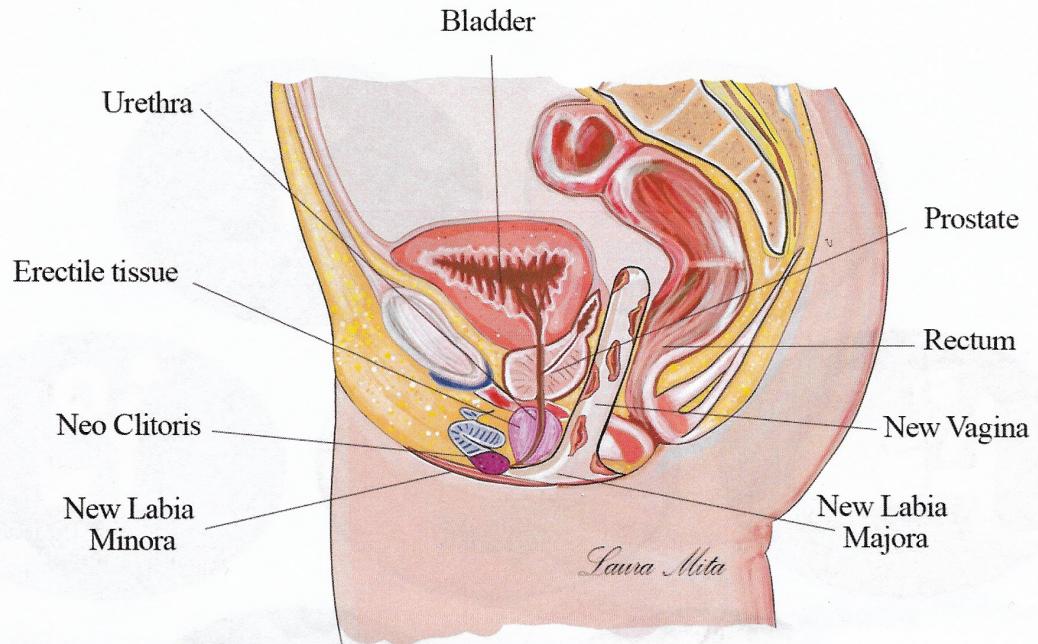
Malodour is normal and will gradually resolve 6-8 weeks postoperatively. You can try to take oral probiotics and increase the douching.

# GRANULATION TISSUE



Granulation tissue is fleshy and red. It is the result of delayed healing and is common. This is often found around the clitoral hood or at the base or inside the vagina. The typical complaint is of mildly blood-streaked yellowish discharge. In most cases this will heal as the need for frequent dilations diminishes over time.

# GRANULATION TISSUE



If you have any concerns please email the specialist nurses. They will discuss your treatment option with you.

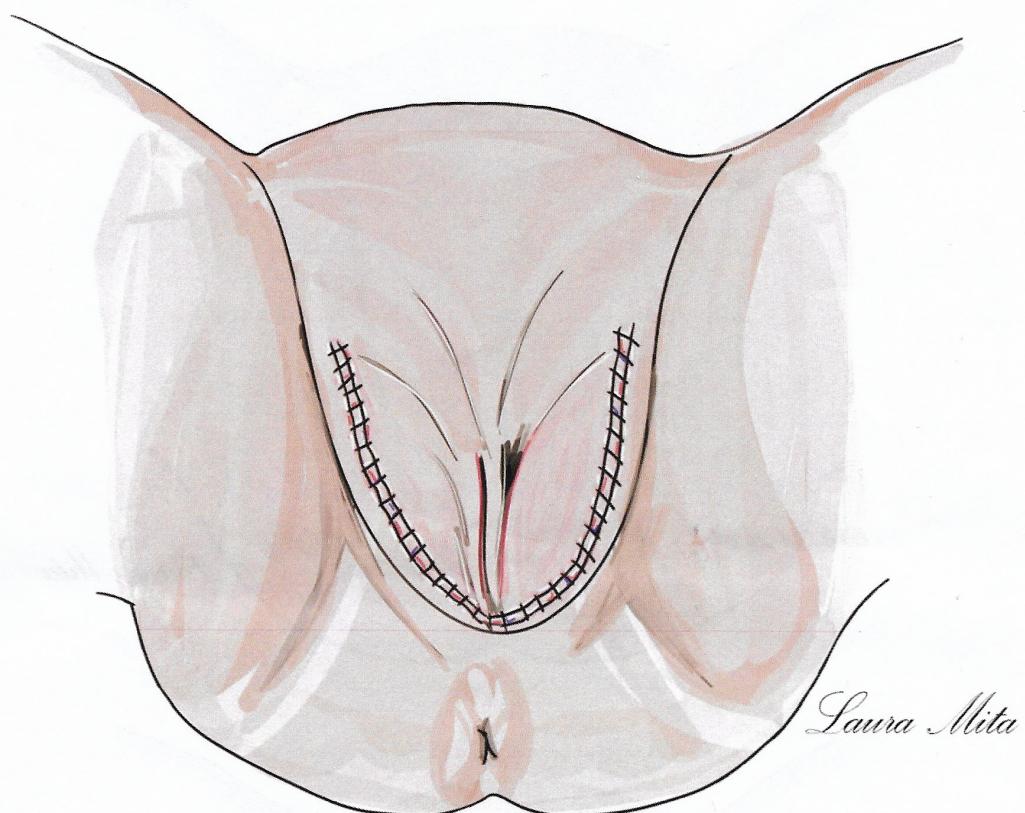
# URINARY TRACT INFECTIONS



**Urinary tract infections (UTIs)** Urinary tract infections are not uncommon, since the urethra is shortened during a vaginoplasty.

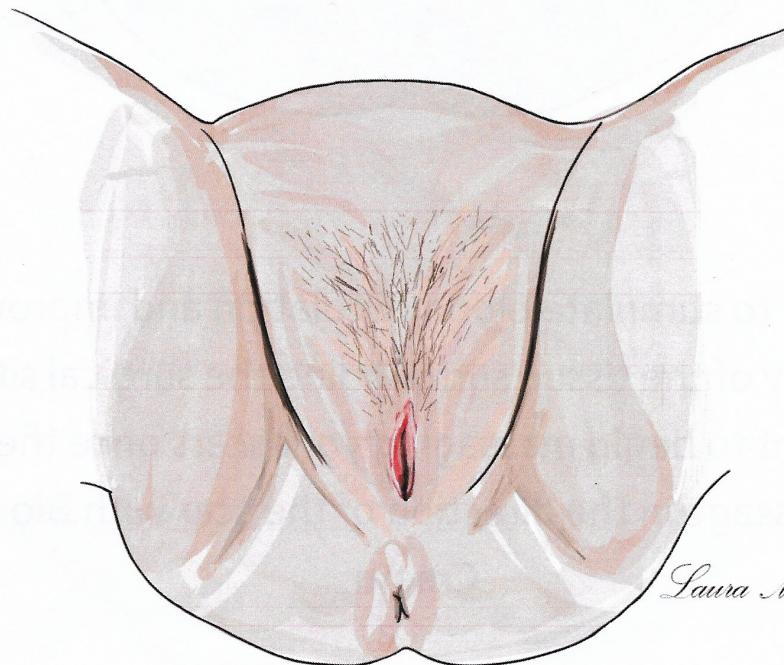
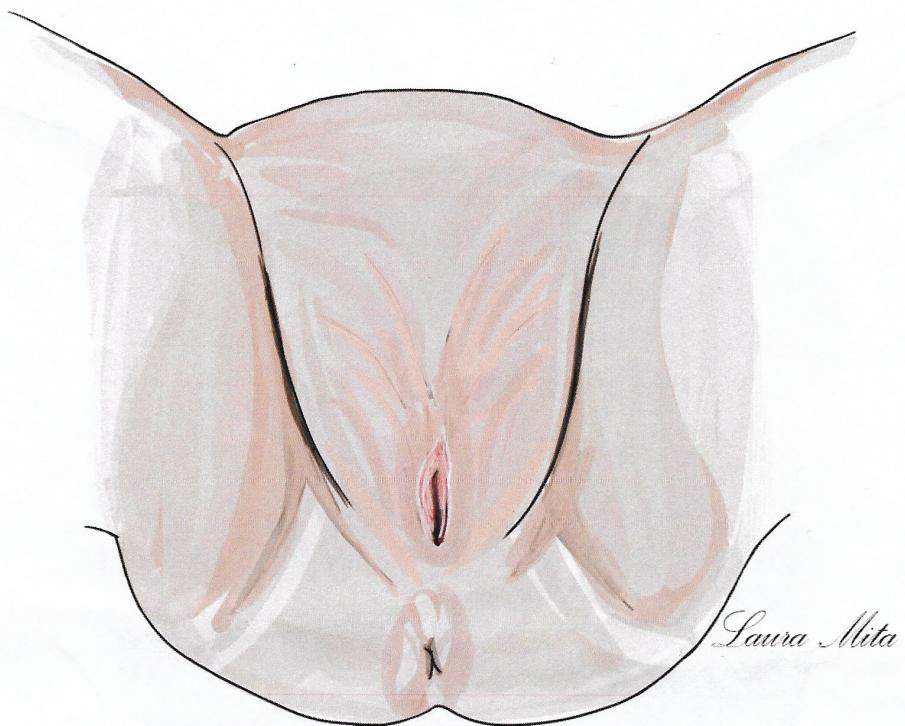
If you experience symptoms of UTI, speak with your GP and contact your specialist nurse.

## MASSAGING YOUR SCAR



In order to stimulate blood circulation and improve the flexibility of the tissue surrounding the surgical site, it is important to begin massaging your scars once they have closed. Massage in the direction of the scar with Bio oil or E45 Cream.

**Final shape, contour and symmetry takes between  
6-9 months to settle in.**



## HORMONES AFTER SURGERY

You can start taking your hormones as soon as you get home providing you are mobile at the same dose taken before surgery (you no longer needed your blocker such as Decapeptyl/Zoladex/Prostap/Finasteride).

After 8 weeks you should check your hormone level by your GP.

## GENDER RECOGNITION CERTIFICATES

If you wish to change your birth certificate, this may be done under the provisions of the Gender Recognition Act 2004. For full details, you should look at; <https://www.gov.uk/apply-gender-recognition-certificate>

Unless you have one already, this will normally require you to obtain a report from a recognised gender specialist. We can arrange to issue a report, but normally make a charge of £50.00 (this charge will be waived for anyone claiming benefits).

Please ask Laura, Daniel or Kay if you would like one. Payment should be made via Kay in the Putney clinic. Cheques should be made payable to Parkside Hospital, and endorsed Parkside Nurses Education Fund on the rear. The money collected in this way is used to permit nurses to attend conferences both in the UK and abroad.

## POST-OPERATIVE APPOINTMENT

This will be sent out to you in the post, or by email. If you require a medical certificate, please let the nurses know before your day of discharge. Normally it is for 10 weeks from your discharge.

If you have any queries or concerns, please contact the ward you were nursed.

Your GP may also be able to help and advice.

Email for concerns: [gendernurse@parkside-hospital.co.uk](mailto:gendernurse@parkside-hospital.co.uk)

Nurse Signature: \_\_\_\_\_

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_\_

Patient Signature: \_\_\_\_\_

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_\_