

Pelosi Medical Center
COSMETIC VAGINOPLASTY
POST-OPERATIVE INSTRUCTIONS

Below are post-operative instructions and information on what to expect during your post-operative recovery period. This information applies to the following procedures:

- Perineoplasty
- Colpoperineoplasty
- Rectocele Repair

If, during your post-operative course, you have a question or concern, contact Dr. Pelosi at **201-858-1800**. During business hours you will talk to the office staff directly. After hours you will be connected to our answering service and Dr. Pelosi will either be connected directly to you or he will call you back. If you do not hear from us in 15 minutes, call the answering service again.

Discharge from the Facility

Make sure that you purchase the medications prescribed to you by your surgeon.

Home/Hotel

You were given a local injection of a long-acting anesthetic during surgery. The purpose is to provide you with post anesthesia comfort for 8 to 10 hours. Afterwards, take the analgesics that were prescribed to you as needed. Analgesics (pain medications) work best if you start taking it before discomfort gets too intense. Mild pressure and cramping sensations are normal after this type of surgery.

The First Postoperative day

The first day you should rest, eat light according to your appetite, drink fluids, and take your medications as prescribed.

If you have a bladder catheter and/or vaginal packing, it will be removed on the first postoperative day in our office. Follow the instructions below in caring for your catheter and drainage bag:

- The tubing from the leg bag should fit down to your calf with your leg slightly bent. If you have extra tubing, you may need to cut it. The clinical staff will show you how to do this.
- Always wear the leg bag below your knee. This will help it drain.
- Make sure to place the leg bag on your calf with the Velcro® straps your nurse gave you. Use a leg strap to secure the tubing to your thigh.
- If the straps leave a mark on your leg, they are too tight and should be loosened. Leaving the straps too tight can decrease your circulation and lead to blood clots.
- Empty the leg bag into the toilet through the spout at the bottom every 2 to 4 hours, as needed. Don't let the bag become completely full.
- Don't lie down for longer than 2 hours during the day while you are wearing the leg bag.
- At night keep the leg bag below the level of your bladder. To hang your leg bag while you sleep, place a clean plastic bag inside of a wastebasket. Hang the leg bag on the inside of the wastebasket.

Dieta durante las primeras 4 semanas de curación

Try to avoid eating foods that produce constipation for the first 4 weeks. Eat a diet high in fiber, vegetables, fruit and water. If you are prone to constipation, take Colace 100mg twice a day. This is a stool softener. If you are still constipated, take a Fleet enema (purchased at any pharmacy) and use as directed. Keep in mind that narcotic analgesics (Percocet, Vicodin, Oxycontin) produce constipation as a side effect.

How to Stay Comfortable During Healing

If you have discomfort in the first 12 hours after surgery, take an analgesic (pain medication). **Do not apply a cold pack or ice pack.**

If you have discomfort in the first few days after surgery, place a COLD (NOT ICE) pack on the perineum (the area between vagina and anus) or take an analgesic (pain medication). Do not keep the cold pack on continuously. Apply it

Pelosi Medical Center
COSMETIC VAGINOPLASTY
POST-OPERATIVE INSTRUCTIONS

for 5 to 10 minutes then remove it for a while and then place it again. Continue this process until you are ready to retire for the night. You do not have to use the cold pack while you sleep. If you do not have discomfort, do not use a cold pack.

To improve comfort while sitting, use a ring cushion to keep pressure off the area.

Commonly Seen After This Type of Procedure

Some women with hemorrhoids may develop temporary hemorrhoidal swelling after surgery. Although this is a nuisance, it is a self-limiting problem that will resolve over time. If this inflammation should develop, call Dr. Pelosi and he will give you instructions in the care of this condition and medications to assist in reducing discomfort and produce resolution.

Light vaginal bleeding is common in the first six weeks of healing. However, contact us if you note vaginal bleeding so we can determine if any special care is necessary.

Perineal Hygiene for the First 4 Weeks of Healing

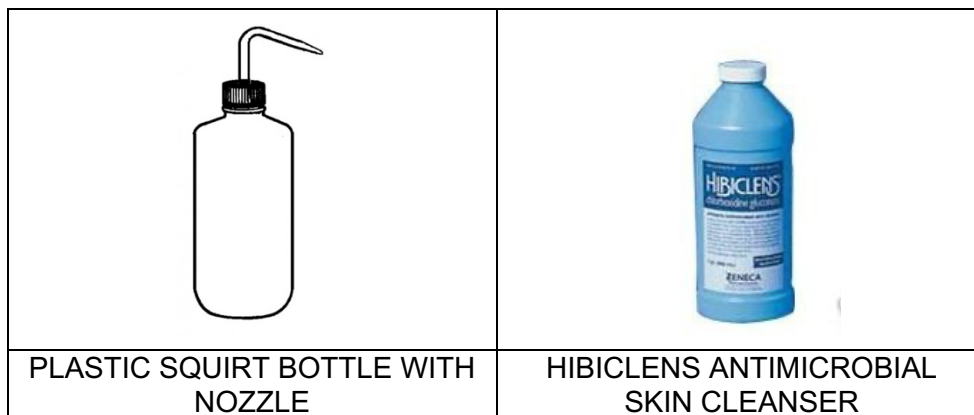
You may shower the day after surgery.

Do not take tub baths, Sitz baths, Epsom salt baths, Jacuzzi, etc. for the first 8 weeks because it will cause your stitches and surgical site to soften, weaken and possibly separate.

You should not apply any creams, lotions, ointments, hydrogen peroxide, alcohol, etc to the area unless you have been instructed to do so by your surgeon. Many topical compounds can interfere with the healing process and create problems.

Cleaning the perineal area:

1. Obtain the following items from the pharmacy a few days before surgery:



2. Fill the squirt bottle with 1-part Hibiclens to 20-parts water. Use this solution to rinse the surgical site after bowel movements and urination for the first fourteen (14) days after surgery. Avoid touch
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4. ing the area with fingers when possible to decrease risk of infection. When using toilet tissue, do not rub on the stitches.
5. DO NOT under any circumstance pull or tug on the skin anywhere near the stitches.
6. You may shower and gently wash the vaginal area with the bottle of Hibiclens solution or mild soap and water.
7. When using the toilet, gently dab with toilet tissue and avoid forceful rubbing over the perineum. Finish by spraying the Hibiclens solution on the perineum and allowing it to air dry.

Restrictions on Sex and Other Activities

Pelosi Medical Center
COSMETIC VAGINOPLASTY
POST-OPERATIVE INSTRUCTIONS

You may not have sex, place anything into the vagina, or go swimming until you have completely healed from surgery. Complete healing takes six (6) to eight (8) weeks for most women. You should make an appointment to be examined by Dr. Pelosi six (6) weeks after surgery. He will inform you if you are ready to resume these activities. If you cannot see Dr. Pelosi six (6) weeks after surgery, we recommend that you wait until eight (8) weeks after surgery before resuming these activities.

Post-op Follow-up

Contact the office at **201-858-1800** within one week after your procedure to schedule a post-op visit.

Patient's acknowledgment of receipt of instructions:

Patient's Signature

____/____/____
Date