



Recipe for Success

Welcome to your recovery from vaginal rejuvenation!



Ingredients

- Waxing or pubic shave the night before surgery.
- Soft gel cold packs.
- Tucks pads (found in hemorrhoid section of drug store).
- Kotex pads.
- Clean bathtub.
- A responsible adult to stay with you for 24 hours after anesthesia who is aware of the nature of your procedure.
- "Boy shorts" underwear.
- Colace stool softener(over the counter) to begin day before surgery
- For vaginoplasty - Fleets enema night before surgery
- Wet wipes
- A positive attitude!



Directions

You will go home with a pad and cold pack in "boy shorts" underwear.

You may use the Tucks pads for comfort and wet wipes for cleansing after going to the bathroom.

You may leave a pad in place as a compress for pain or swelling.

You may apply a cold pack (20 minutes on, 40 minutes off) when you arrive home.

Your pad should be changed when soiled.

Make sure you eat something substantial for dinner.

If you were going to get sick from the anesthesia, it would have happened within the first 3-4 hours after surgery. If you are nauseous, it is usually because you have taken medicine on an empty stomach, or you are not drinking enough fluids and are becoming dehydrated. We encourage beverages with sugar and caffeine to help jumpstart the system.



Recipe for tomorrow morning

You will be able to shower after breakfast.

You will be soaking in a clean bathtub with plain warm water covering your knees for 20 minutes 2 times per day, starting on the second day post surgery.

You should be wearing boxer shorts to keep fabric away from the incisions.

No sexual relations for at least 6 weeks or until all incisions are healed.