



Gender Reassignment Surgery Penile Inversion Vaginoplasty Pre-Operative Instructions

What are my pre-operative instructions?

The following information has been prepared in an effort to facilitate your preparation for and convalescence from your gender reassignment surgery. The areas to be addressed are: preparation for the hospital, what to expect in the hospital, your return home and resuming activities of daily living.

How do I prepare for my surgery?

Hormone therapy is discontinued three weeks before surgery. Once you receive your surgical date, you should contact your prescribing physician to review all of your medications. Do not alter your hormone therapy until directed by your physician.

Medications:

Some medications interfere with blood's ability to clot. We ask that you NOT take Aspirin, Ibuprofen (Motrin, Advil), Naprosyn (Aleve, Naproxen), Vitamin E, Multivitamins (because they contain Vitamin E) or herbal preparations (fish oil, garlic, ginkgo, etc.) two weeks before surgery through one week after surgery. If you take any of these medications by prescription, you will need to contact your prescribing physician and get permission to stop the medication as directed above.

Smoking:

Smoking interferes with the blood vessels' ability to deliver oxygenated blood to the surgical site. This may result in delayed healing or loss of tissue. If you are

a smoker, we will order a test (urine cotinine) four weeks prior to your surgery to confirm you have stopped smoking. You have to be smoke free at least two weeks before the test in order for the results to come back negative. This means that you will need to stop smoking 6 weeks before surgery. If your results are positive, your surgery will be postponed. We recommend that you not resume smoking. However, if you want to resume smoking after surgery, we insist you refrain from smoking at least four weeks after surgery.

Recovery Time:

When you plan your leave from work, it would be wise to allow six to eight weeks for your recovery. This time is needed to allow the tissue to heal and for you to regain your strength. Each person's recovery period varies and some flexibility in returning to work should be considered.

Your recovery period is one that needs to be as "hassle" free as possible. Therefore, you will need to make some preparations in advance. You will need to buy about six packages of maxi pads and one package of pads designed for night-time use. A lubricant will be necessary as you begin vaginal rinses. We recommend several bottles of KY Liquid. Your nutritional needs will be extremely important for a successful recovery. Plan to prepare and freeze meals. Stock up on foods that are easily prepared. Arrange for friends to assist you or collect menus from local restaurants that will deliver. It will be helpful to have friends and family available to do errands for you for a couple weeks. You will not be driving for several weeks after surgery. You will need to make arrangements to have someone drive you to and from your doctor appointments with Dr. Kuzon.

How do I prepare for the hospital?

Packing for your hospital visit:

When you pack for the hospital, think light! You will want to include your

personal hygiene items, a light robe and slippers. You do not need pajamas or night gowns. Hospital gowns will be the most appropriate garment while inpatient. Plan to wear the same outfit to and from the hospital. It should be items that are loose fitting (especially if you decide to wear pants). You will be in your bed and/or room for several days. It would be wise to bring something to occupy your time. Many people bring books, magazines or an Ipod to pass the time.

The day before your surgery:

The day before your surgery is a busy one. You will need to take that day off work. This is the day when you will complete your bowel cleansing preparation (prescribed by Dr. Kuzon at your pre-operative visit). This preparation will cause you to have multiple and sometimes powerful bowel movements. The desired outcome is that you are having bowel movements that do not contain stool. We recommend that this morning you eat a hearty breakfast. This will be your last solid food for several days. For the remainder of this day, you will consume only clear liquids. Some patients report that this process is rather exhausting. We suggest you make this your only task for the day. This means you need to complete your work and personal business prior to your bowel preparation. Plan to drink extra water and rest between visits to the bathroom. If you start the preparation around noon, you should be done and ready for bed at your usual time.

Plan to wear a hairdo that will be able to withstand not being washed for several days. Consider a hairstyle that will be comfortable for you while you are lying on your back. The morning of surgery, remove all hair decorations (pins, clips, etc.). Do not apply make-up and remove all jewelry.

What should I expect during my hospital visit?

Arrival:

Plan to arrive at the Admitting Department approximately two hours prior to your actual surgery. You will change into a hospital gown, foot warmers and hair cap. At this time an IV will be started through which you will receive fluids and medication. The anesthesiologist responsible for your sedation will be by to check on you. Dr. Kuzon and /or the Plastic Surgery Resident will also check in with you. When everything is in order, you will be given a sedative in your IV. It is at this time that you will be taken back to the surgical suite. Once inside the suite, you will be moved onto the operating table and monitors will be applied. Anesthesia will let you know before they actually begin medication to induce “sleep”.

During the surgery:

Surgery generally lasts six hours. When you awake, you will be in the Recovery Room. You will have on an oxygen mask, an IV, a urinary catheter, two surgical drains and vaginal packing. Pressure stockings that help prevent blood clots will be applied. This room is a very bright and noisy. Be assured that the recovery room staff is monitoring you closely. They will begin to monitor and medicate you for pain almost immediately. Before you are discharged to your room, they will set up and instruct you on the use of the PCA (patient controlled analgesia) pump. This is a method of self-administrating pain medication through your IV.

After surgery:

When you are fully awake (usually about two hours after surgery) you will be transferred to a patient room. You will have an IV, PCA Pump, urinary catheter, surgical drains and vaginal packing. You will be up and around after surgery with the assistance of your nurse. Your activity will be limited to your room and short walks in the hall. Your diet will be slowly increased. The determination to increase your diet is based on the passage of gas through your rectum and increased bowel sounds.

The morning of the fifth post-operative day is a busy one. Dr. Kuzon will remove the urinary catheter, vaginal packing and surgical drains. At this time a vaginal speculum examination will be performed. You will then be instructed to start vaginal rinses. You will be given the approval to shower prior to your discharge. Staff will closely monitor you to ensure you are able to pass urine after removal of the catheter. Barring any complications, you will be discharged home the next day. The day of discharge, you will receive written instruction regarding medication, names of people to contact with questions and also get information on when your post-operative appointments will be scheduled.

What should I expect when I return home?

Your thoughtful preparation of your home will certainly benefit you at this critical time in your recovery. As you probably know, hospitals are not conducive to rest/sleep. You will need to plan quiet days with naps and regular bedtimes. Let friends and family know in advance that this will be your plan. In addition to resting, you will be busy performing your personal care. It would be in your best interest to refrain from too many visitors or any outings.

During the early weeks of recovery, you will be making visits to Dr. Kuzon's office. As you will not be driving, you will need to make arrangement with others for your safe transportation. At these visits, Dr. Kuzon will be examining your surgical site and the healing process. He will be directing your personal care and advising you on increasing your activity. You can assist in this process by meticulously following his instructions and providing clear information regarding your recovery. As wound healing is completed and your strength returns, your return to work will be considered. Dr. Kuzon will supply documentation for your employer regarding your return to work.

Who should I call if I have questions?

- (734) 998-6022, Monday - Friday, 8 a.m. - 4:30 p.m.
- After hours and on weekends, call Hospital Paging at (734) 936-6267 and ask for the Plastic Surgeon on call.

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