

# Vaginal Dilation

## Post-Operative Instructions

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### What are my post-operative instructions?

You will begin to perform vaginal dilation after being discharged from the hospital. Dr. Kuzon will make the determination to begin dilation based on the physical inspection of your vagina and the level of tissue healing. The appropriate dilator size will also be determined at this time. This usually occurs after the vaginal packing is removed. Dilators are dispensed from the clinic.

Dilation should be done twice per day. The recommended times would be early morning and right before bedtime. This will allow you to do your normal daily activity/work/ tasks without having to find time and space during the day for dilation.

1. Get your supplies: dilator, lubricant and small towel
2. Wash your hands
3. Lie down on a flat, comfortable surface. Place the towel underneath your hips. Bend your knees and spread your legs. You may want to place pillows under your knees for comfort.
4. Apply lubricant to the dilator.
5. Gently insert the dilator into the vagina vault until you feel resistance.
6. Once you feel this resistance, apply a little more pressure. You should not feel pain or discomfort, only pressure. If you feel pain or discomfort, back off a little on the pressure you are applying to the dilator.
7. Maintain the pressure for 10-15 minutes.
8. Wash the dilator with mild soap and water then dry and place in a zip loc bag until the next use.

9. Wash your hands
10. Note you will have to do vaginal dilation indefinitely unless you have a consistent partner for intercourse. The neovagina will atrophy (reduction in size) if it does not get dilated consistently.

### **When should I call my doctor?**

- If you have increased swelling or bruising.
- If swelling and redness persist after a few days.
- If you have increased redness along the incision.
- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications; such as, rash, nausea, headache, vomiting.
- If you have an oral temperature over 100.4 degrees.
- If you have any yellowish or greenish drainage from the incisions or notice a foul odor.
- If you have bleeding from the incisions that is difficult to control with light pressure.
- If you have loss of feeling or motion.

### **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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