

Vaginal Rinses

Post-Operative Instructions

What are my post-operative instructions?

During the first several weeks of your post-operative recovery, you will notice some yellowish/brown discharge. This is normal. The vaginal suture lines are healing and the skin of the vagina is becoming accustomed to its new environment. To facilitate the movement of the discharge to the outside of the body, you will be performing vaginal rinses. In the immediate post-operative period, you will be performing vaginal rinses three times per day (morning, afternoon and bedtime). After your vaginal suture lines have healed (Dr. Kuzon will make this determination), you will find it helpful to perform rinses after your vaginal dilations.

You will be taught vaginal rinses the day before you are discharged from the hospital. The inpatient nurse will provide you with the necessary supplies to take home with you.

You can perform the irrigations while reclining in an empty bathtub while sitting on a towel or reclining on your bed while lying on top of a waterproof pad, using a bedpan.

- Get your supplies: Red Robinson catheter, 60cc syringe, lubricant, Normal saline solution and an 8 ounce cup.
- Wash your hands.
- Pour 8 -oz. (equal to 240cc) of normal saline into the cup
- Draw up 60cc of the saline into the syringe.
- Attach the full syringe to the end of the Red Robinson Catheter.
- Apply a small amount of lubricant to the tip of the catheter.
- Spread your legs and insert the catheter a few inches into the vagina.

- Start pushing on the plunger of the syringe. This will start the vaginal rinse.
- When the syringe is empty, disconnect it from the catheter (leave the catheter inside the vagina).
- Repeat steps 4 through 9 for a total of 4 syringes worth of irrigation (240cc).
- Once you have completed the rinse, remove the catheter from the vagina, disconnect the syringe from the catheter and pull out the plunger from the syringe.
- Wash all three items with mild soap and water, dry and then place in a zip loc bag until the next vaginal rinse.
- Wash your hands.
- For the first post op week, you will discard the catheter and syringe at the end of each day. After that, you can use the catheter and syringe for a week at a time. Just remember to wash these items and allow to dry after each use.

After you are discharged from Dr. Kuzon's care, you should still include vaginal rinses as part of your routine hygiene. This can be achieved by soaking in a tub of warm water (approximately 5 inches deep) for 10 - 15 minutes once per week.

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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