Dr. Danielle Andry

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Dr. Andry Post Operative Vaginoplasty Regimen: After surgery

* After surgery, you will wake up with surgical underwear and a pad in place.
* After surgery, take the following medications:
	+ Celebrex 100 mg twice a day
	+ Tylenol 1,000 mg twice a day
	+ Antibiotic as prescribed
	+ Anti-nausea medication when/if needed
	+ Tramadol when/if needed as prescribed
* The evening of surgery, you should walk around the house and can even get a very casual dinner, as long as you do not drive or exert yourself in any way.
* You can shower the day after surgery. Be sure to have someone to assist you getting into and out of the shower. Do not scrub the area. Do not submerge the area. You can begin taking sitz baths on post operative day 3. Be sure that the water is not too hot.
* Dr. Andry recommends that you start a stool softener after surgery to help relieve any pressure you may have during a bowel movement. Please use a wash bottle or shower after any bowel movement to keep the area clean.
* No heavy lifting > 10 lbs for 4 weeks. No strenuous activity that gets heart rate up for 4 weeks. After 4 weeks, you can start doing some activity that does not involve any bouncing or bounding (this includes running, jumping, crossfit, ect.) as long as you are cleared by Dr. Andry. No sexual activity for 6 weeks after the procedure.