



Trans Gender Surgery Aftercare Instructions

Gender Affirmation Bottom Surgery (MTF) Aftercare!

General Instruction:

- Dilate 3 times a day for 10-15 minutes each time for the first 3 months to maintain the depth and width of the vagina.
- Administer vaginal douching/sitz baths twice daily and with each dilation to keep the area clean.
- Change dressings over labial incisions daily. Keep the area clean and dry.
- Avoid all vaginal penetration for 8 weeks minimum post-procedure.
- Call us immediately with concerns like foul odor, bleeding not controlled with pressure, fever over 101°F, etc.

Diet:

After gender reassignment surgery, it is important to eat a balanced and nutritious diet that supports healing and recovery. Some of the dietary recommendations include:

- Drinking plenty of fluids, especially water, to prevent dehydration and constipation.
- Eating high-fiber foods like fruits, vegetables, whole grains, beans, nuts, and seeds prevents constipation and promotes bowel movements.
- Eating lean protein sources, such as fish, poultry, eggs, soy, and low-fat dairy, helps repair tissues and muscles.
- Eating foods rich in vitamin C, such as citrus fruits, berries, tomatoes, peppers, and broccoli, helps boost the immune system and promote wound healing.
- Eating foods rich in zinc, such as oysters, beef, pork, chicken, beans, nuts, and seeds, to help speed up wound healing and prevent infections.
- Avoiding alcohol, caffeine, tobacco, and spicy foods, as they can interfere with healing and cause irritation and inflammation.

Exercise

It's important to follow your doctor's instructions on when and how to resume physical activity after [gender reassignment surgery](#).

- Avoid strenuous exercise, such as running, jumping, lifting heavy weights, or swimming, for at least six weeks after surgery, as they can increase the risk of bleeding, swelling, and infection.
- Begin with gentle exercises, such as walking, stretching, and breathing exercises, as soon as possible after surgery, as they can help improve blood circulation, reduce swelling, and prevent blood clots.
- Gradually increase the intensity and duration of exercise, as tolerated, after six weeks of surgery, as they can help improve strength, endurance, and mood.
- Avoid exercises that put pressure on the surgical site, such as cycling, horseback riding, or sitting for long periods, until the doctor advises otherwise, as they can cause pain, discomfort, and scarring.

Much more:

After having gender reassignment surgery, there are many other things to consider, like:

- As directed by the doctor, take prescribed medications, such as antibiotics, painkillers, and hormones, and report any side effects or complications.
- Keeping the surgical site clean and dry, changing the dressings and pads as instructed by the doctor, and reporting any signs of infection, such as fever, redness, swelling, or pus.
- Dilating the neovagina regularly, as instructed by the doctor, using a lubricated dilator, to prevent narrowing and scarring of the vaginal canal.
- Avoiding sexual intercourse, masturbation, and orgasm for at least three months after surgery, or until the doctor advises otherwise, as they can cause bleeding, pain, and damage to the neovagina.
- Seeking psychological support, such as counseling, therapy, or support groups, to cope with the emotional and social changes and challenges that may arise after surgery.

Lifestyle

- To prevent damage to your new kidney as well as to increase your risk of heart disease, stroke, and cancer, you will need to stop smoking.
- The best way to prevent infections is to practice good hygiene, such as washing your hands, brushing your teeth, and cleaning your wounds.
- With your doctor's approval, you will need to avoid being around people who are sick or have infections and get vaccinated against common diseases, such as flu and pneumonia.
- After a kidney transplant, pregnancy can be risky for you and your baby, so you will need to use contraception if you are sexually active.
- Coping with a kidney transplant can be challenging and stressful so you will need emotional support from family and friends.



If you have any questions or concerns, please contact Iranhealth. We are available to assist you.

For patients, please call our office between 8:30 and 5:00 if you need to speak with your doctor or nurse.

If you need immediate medical care outside of office hours, call the 24-hour emergency hotline at [number].

Please do not hesitate to contact us with any questions, no matter how minor they may seem. We want you to understand your care and feel comfortable reaching out.

Contact Information:

24-Hour Emergency Hotline: +989030549050

General Inquiries: Info@iranhealthagency.com

Office Hours: 8:30 am - 5:00 pm Weekdays

Website: www.iranhealthagency.com

Address: Ayatollah Kashani, RozetCenter, Tehran, Iran

We are here to provide excellent care and are happy to answer your questions anytime. Please call, email, or visit our website if we can assist you.



International Care, Local Comfort

Get in touch:

