

Vaginoplasty Dilation and Post Procedure Instructions/Schedule

- For Dilation, the dilator should be introduced gently and angled forward and upward with the tip facing up toward the ceiling/pointing up toward your face. Once the dilator is fully in, you should have gentle pressure against the flat end of the dilator during the entire dilation.
- Do not push the dilator aggressively down or back towards the rectum, this can tear the rectum and cause a fistula. If you experience resistance, gently manipulate the dilator tip until the dilator slides in without resistance.

Dilation Timeline

Months 1-3: Dilate 3 times per day for a minimum of 30 minutes per session

Months 4-5: Dilate 2 times a day for a minimum of 30 minutes per session

Months 6-12: Dilate once per day for 30 minutes per session

Increasing Dilator Size

- You should be increasing dilator sizes about every 2 weeks.
- Once dilation with a certain size becomes routine, taper up size by using one size for 15 minutes of your dilation session and the next larger dilator for the remaining 15 minutes of your dilation session
- Continue increasing dilator size as tolerated

Common Experiences with Dilation in the first year:

- Bleeding is common after dilation. If you get heavier bleeding, lay on your back and hold firm continuous pressure on the area for 30 minutes with a ice pack (with a pad between the ice pack and your skin). If there is still heavy bleeding after that, then go to the emergency room
- If you see whitish tissue coming out of the vagina, do not worry. This is the top layer of the skin graft sloughing and is common and self resolving. You can either come in for us to trim the area or trim any excess yourself if you are not local. If you're not comfortable doing this, you can leave it alone and it will eventually fall out (it is common to have a foul smell until it resolves)
- It is common to get small dehiscences/incision separation at the vaginal entrance due to dilation. Please apply triple antibiotic twice a day to the raw areas of slower healing until it heals (this will take a few weeks).

Vaginoplasty healing often looks scary and you can always send pictures, questions to katie@districtps.com and doc@districtps.com