

Temple Gender Affirming Surgery Program

Vaginoplasty Post-Op Supplies Checklist

These are all supplies that can be purchased at drug stores, grocery stores, and/or online from Amazon or similar. Any brand names are suggestions/examples. We have emphasized in bold what specifics are most important to look for as you shop.

If you have any questions about whether a product is appropriate, or about anything on this list, contact our RN, Annika Michaels, at Annika.Michaels@tuhs.temple.edu

MUST-HAVES (DILATION SUPPLIES)

- Disposable chuck pads
- Surgical **sterile** lubricant – MUST be **water-based**, not silicone-based
- Antibacterial** hand soap (for cleaning your dilators and your hands)
- Handheld mirror
 - A lighted makeup mirror can be particularly helpful if the lighting in your dilation space isn't ideal

MUST-HAVES (HYGIENE)

- Mild, **unscented** soap for showering (e.g. Dove, Cetaphil, Aveeno)
- Menstrual pads/pantiliners – helpful to purchase a range of sizes/flow ratings, as your discharge will fluctuate in quantity and thickness over time
- Douching kit (bag or bottle, bag preferred due to more gentle pressure)
- Aquaphor or Vaseline ointment – for moisturizing incision lines later in the healing process
- Comfortable white, cotton underwear (other fabrics can cause excess moisture and irritation, slowing healing and increasing risk of infection)

NICE TO HAVE

- Sitz bath – gentle and effective for cleaning after bowel movements; **on a patient by patient basis we may ask you to use this with a betadine solution provided by our clinic**
- Perineal bottle – for gentle external cleansing, can help with hard-to-reach areas
- Donut pillow/hemorrhoid pillow – helps keep pressure off the surgical area when sitting
- Small bedside cart with drawers, for storing dilation supplies in one convenient place
- "Reading" pillow to help rest comfortably in bed in a semi-reclined position
- Protein shakes – protein is important to healing, and liquid nutrition may help especially if you experience some nausea early in the healing process
- *** Community! ***** – a strong central support person is vital, but other friends and family can help bring you home-cooked meals, keep you company, and cheer you on!

**NOTE: We understand that cost may pose challenges in obtaining these supplies. If this is the case, reach out to us and we will discuss whether the hospital can help provide any supplies. We typically are able to send you home with some supplies from the hospital for the immediate post-op period, but this is only a short term solution.*

