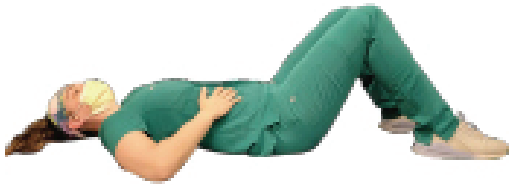


Vaginoplasty/Vulvoplasty Post-Operative Instructions



These instructions are meant to be guided by your pelvic floor physical therapist (PT) in case modifications are needed. Deep breathing is an important part of post-operative exercises and should be used with each exercise. Deep breathing can improve outcomes following your surgery.

DEEP BREATHING



1. Lay on your back with knees bent or straight
2. Place both hands below ribs
3. Breathe in through your nose, let your belly rise
4. Hold breath for 1-3 seconds
5. Slowly breathe out through your mouth

Repeat steps 3-5 for one minute

GETTING OUT OF BED



1. Scoot yourself closer to the edge of the bed
2. Bring your legs off the bed and use your arms to bring yourself up
3. Sit on the edge of the bed
4. Breathe in
5. Stand up while breathing out

TIPS FOR GETTING OUT OF BED

- Do NOT get up by yourself until cleared by your nurse or PT
- USE deep breathing throughout
- AVOID quick, large leg movements
- Take time in between position changes
- If dizziness occurs
 - Continue deep breathing
 - Pump ankles up and down
 - Open and close your hands
 - Do not move until dizziness improves or resolves



BED EXERCISES



1. **Ankle pumps:** Point your feet up and down
2. **Quad sets:** Position your legs straight in bed. Push the back of your knees into the bed (your upper thigh should tighten). Hold for 2-3 seconds.
3. **Buttock squeezes:** Squeeze your buttocks and push your heels into the bed. Hold for 2-3 seconds.

Perform each exercise for 10 repetitions 2-3 times a day

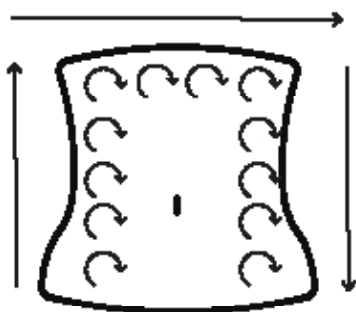
INCENTIVE SPIROMETRY



1. Place lips around mouth piece
2. Slowly breathe in
3. Hold your breath for 1-2 seconds
4. Breathe out

Repeat steps 2-4 for 10 repetitions every hour

ABDOMINAL MASSAGE



Make small circles along your stomach following the pattern to the left. Perform for 10-15 minutes a day

SEATED EXERCISES



1. **Ankle pumps:** Point your feet up and down
2. **Kick outs:** Kick one leg out then back

Perform each exercise for 10 repetitions 2-3 times a day

