

Vaginoplasty/Vulvoplasty Pre-Operative Instructions



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

These exercises may be done 2-3 times daily.

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

DOUBLE KNEE-TO-CHEST HOLD



1. Stay on your back with knees bent
2. Bring one knee at a time or both to your chest
3. Hold knees for 1 minute while deep breathing
4. Release one leg at a time or both to the floor

Hold for one minute

GROIN STRETCH



1. Stay on your back with knees bent
2. Bring one knee at a time or both to your chest
3. Grasp the outside of your feet or shins
4. Begin deep breathing
5. Hold position or gently rock side to side
6. Release one leg at a time or both to the floor

Hold steps 4-5 for one minute

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UPPER THIGH STRETCH



1. Stay on your back
2. Rest a foot on the floor and cross the other leg over
3. Pull the thigh of leg on the floor towards your chest
4. Hold for one minute
5. Release one leg at a time or both to the floor
6. Reverse exercise and repeat

BUTTERFLY STRETCH



1. Stay on your back and bend your knees
2. Bring your feet together with your knees bent
3. Let gravity pull your knees down, or push your thighs down with your hands
4. Hold for 1 minute

DEEP SQUAT HOLD



1. Stand in front of a wall or chair
2. Hold onto the surface with feet shoulder width apart and toes pointing out
3. Breathe in and shift weight to your heels
4. Breathe out and lower your body
5. Hold lowest, comfortable position for one minute while deep breathing
6. Slowly rise while breathing out

