

Post-op Precautions

Vaginal & Perineal Surgery

- You may return to normal daily activities after surgery, but avoid strenuous exercise, saunas, or hot baths for 4–6 weeks.
- You may shower starting the day after surgery, but avoid using soap directly on the surgical site or rubbing the area. Instead, gently rinse with running water.

Sitz Bath (Helps reduce swelling, bruising, and assists with disinfection)

- From the day after surgery, perform sitz baths twice daily (morning and evening) for 1 week, then once daily for 1 month.
- Prepare a sitz bath basin or a tub large enough to cover your buttocks.
- Fill with warm water and add 10cc of Betadine solution, then soak the buttocks for 10–15 minutes.
- Allow the area to air-dry completely afterward.

Pelvic Floor Muscle Exercise

- Starting 1 month after surgery, perform Kegel exercises to strengthen the pelvic floor muscles: 5 minutes per session, 5 times per day.

Additional Precautions

- Do not touch or stimulate the surgical site.
- Avoid activities that may cause infection, bleeding, hematoma, or inflammation (eg. Crossing your legs, Squatting, Wearing tight clothing (leggings, skinny jeans, etc.))
- Some discharge or bleeding may occur after the procedure—please use sanitary pads.
- A pulling sensation around the anus is normal, and sutures may dissolve and come out naturally.

⚠ If there is heavy bleeding (enough to soak a medium pad), please visit the hospital immediately

Restrictions

- Sexual activity may resume 6 weeks after surgery, but only after clearance from your surgeon.
- Avoid alcohol and smoking for 4–6 weeks, as these may increase the risk of bleeding and infection.

Medication & Follow-up

- Be sure to take all prescribed medications. If pain is severe, take additional painkillers as directed.
- Attend all follow-up appointments and treatment schedules. Healing progress may vary for each patient.