



PATIENT RECOVERY GUIDE

Hymenoplasty

Aftercare Instructions

Your personalised, confidential recovery guide following hymenoplasty with Dr. Nazmi Baycin, Dubai.

PROCEDURE	PATIENT	DATE OF SURGERY	FOLLOW-UP
Hymenoplasty		DD / MM / YYYY	DD / MM / YYYY

Your recovery after hymenoplasty is straightforward and essentially pain-free. The repair is delicate by design, so the key is to protect it while it heals over the next ten to fourteen days. You can return to your routine straight away and shower normally; simply avoid spreading the legs too wide and anything that puts tension on the area, and let the tissue settle gently in its own time.

1 The First 48 Hours

- ◆ **Protect the repair.** Avoid spreading the legs too wide; the repair is delicate and tension can disturb it.
- ◆ **Medication.** Take any prescribed medication exactly as directed.
- ◆ **Gentle hygiene.** Keep the area clean and dry; wipe front to back and pat gently to protect healing.
- ◆ **Loose clothing.** Wear loose, soft underwear and clothing that does not press on the area.
- ◆ **Shower freely.** You may shower the same day — it will not affect the result. Avoid baths and soaking.
- ◆ **No tension.** Avoid wide leg movements, heavy lifting, and anything that strains the repair.

2 Recovery Timeline

- DAYS 1 – 3
Early healing. Essentially pain-free thanks to the local anaesthetic. Back to your routine the same day. Shower normally; protect the area.
- DAYS 4 – 10
Tissue healing. The tissue heals over about 10–14 days. Continue to avoid wide leg movements and any tension on the repair.
- WEEK 2
Exercise resumes. After about 2 weeks, healing is well established and you may return to exercise.
- A PERSONAL NOTE
Timing of intercourse. Intercourse at any time is likely to separate the repair with some bleeding — a private consideration for your own planning.

“Your decision and your privacy are yours alone, and I have honoured both. Protect the repair gently over the next two weeks, and reach out in confidence any time you have a question.”

— DR. NAZMI BAYCIN



3 Do's & Don'ts

RECOMMENDED

- ◇ Keep the area clean and dry as directed.
- ◇ Wear loose, soft underwear while healing.
- ◇ Walk and move normally — just gently.
- ◇ Reach out in confidence with any question.

PLEASE AVOID

- ◇ Wide leg movements that strain the repair.
- ◇ Strenuous exercise before about 2 weeks.
- ◇ Baths, swimming, or soaking the area while healing.
- ◇ Tight clothing that presses on the area.

4 When to Contact Us

⚠ Seek prompt advice if you experience any of the following

- Fever above 38°C or worsening chills.
- Increasing redness, warmth, or swelling of the area.
- Heavy or persistent bleeding beyond light spotting.
- Severe or increasing pain not eased by medication.
- An unusual or foul-smelling discharge.
- Difficulty or pain passing urine.

5 Discharge Checklist

- ☐ Confidential aftercare guidance understood.
- ☐ Any prescribed medication collected.
- ☐ Hygiene and showering instructions understood.
- ☐ Confidential contact details noted.

6 Your Follow-up & Contact

24 / 7 PATIENT LINE

+971 54 749 1111

For any concern during your recovery, call this number at any time
— in complete confidence.

Website — www.nazmibaycin.com

Next appointment — DD / MM / YYYY · __ : __

Operating surgeon — Dr. Nazmi Baycin, FEBOPRAS