



PATIENT RECOVERY GUIDE

Vaginoplasty Aftercare Instructions

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

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

Your recovery after vaginoplasty is usually gentle and quick. The sutures are absorbable and hidden inside, so there is nothing to remove and little to manage — remove the soft tampon the day after surgery, keep the area clean, and let the internal muscle repair settle. Avoid intimacy for the full healing period so the repair holds.

1 The First 48 Hours

- Remove the tampon. Gently remove the soft vaginal tampon the day after surgery, as shown.
- Medication. Take prescribed pain relief and any antibiotics exactly as directed.
- Keep clean & dry. Keep the area clean; a sanitary pad manages any light blood oozing in the first days.
- Loose clothing. Wear loose underwear and clothing to avoid friction on the healing area.
- No internal wound care. The incision is inside the vagina; no special wound care is needed.
- No stitches to remove. Sutures are absorbable and hidden — nothing needs removing.

2 Recovery Timeline

- DAYS 1 – 2
Comfortable start. No pain on day one from long-acting anaesthetic. Remove the tampon next day. Light oozing is normal; use a pad.
- WEEK 1
Back to routine. Any mild pain is easily managed with medication. You can return to your normal daily activities soon after surgery.
- WEEKS 4 – 6
Intimacy resumes. Wait the full 4–6 weeks before sexual intercourse so the internal repair heals securely.
- WEEKS 6 +
Settled result. The repair is fully healed, with restored tone and a permanent, natural result.

“The strength of this repair lies in the muscle, not the lining — so give it the weeks it needs. Avoid intimacy until you are fully healed, and the tightening will be both natural and lasting.”

— DR. NAZMI BAYCIN



3 Do's & Don'ts

RECOMMENDED

- ◇ Remove the soft tampon the day after surgery.
- ◇ Keep the area clean and dry.
- ◇ Wear loose, breathable underwear.
- ◇ Attend every follow-up appointment.

PLEASE AVOID

- ◇ Sexual intercourse before 4–6 weeks.
- ◇ Strenuous exercise or heavy lifting early on.
- ◇ Smoking, which delays wound healing.
- ◇ Tampons or douching until cleared by Dr. Baycin.

4 When to Contact Us

⚠ Seek prompt advice if you experience any of the following

- Fever above 38°C or worsening chills.
- Increasing pain, swelling or redness in the area.
- Heavy bleeding, or unusual or foul-smelling discharge.
- Severe or increasing pain not eased by medication.
- A firm, growing collection of blood (haematoma).
- Difficulty passing urine, or any opening of the wound.

5 Discharge Checklist

- ☐ Sanitary pads and loose underwear ready at home.
- ☐ Pain relief and any antibiotics collected.
- ☐ Tampon-removal and hygiene instructions understood.
- ☐ Follow-up appointment date confirmed.

6 Your Follow-up & Contact

24 / 7 PATIENT LINE

+971 54 749 1111

For any urgent or private concern during your recovery, call this number at any time.

Website — www.nazmibaycin.com

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

Operating surgeon — Dr. Nazmi Baycin, FEBOPRAS