

*Dr. Jeffrey Cole*  
*30140 Harper Ave. Suite 300*  
*St. Clair Shores, MI 48082*  
*Phone: (586) 415-6800*

### **VAGINALPLASTY POST-OP INSTRUCTIONS**

1. You must have a responsible adult drive you to our office on the day of surgery, drive you home after surgery and care for you for 24-48 hours after surgery.
2. The first 24 hours after return home from surgery, absolute bed rest. You may get up to use the bathroom only.
3. **FLUIDS ARE EXTREMELY IMPORTANT!** Drink fluids such a Gatorade, clear Juices, or water. Do not drink anything very cold or hot, room temperature is best.
4. Apply ice pack to the surgical area in 20 minute intervals for the first 48 hours.
5. No use of tampons until authorized by Dr. Cole.
6. **NO SEXUAL INTERCOURSE** for approximately 2 weeks.
7. You may take a **Sitz Bath** 48 hours post-operatively up to 3 times a day.
8. No Aspirin or aspirin containing products for 72 hours post-operatively unless authorized by Dr. Cole.
9. Take your medication as prescribed.
10. NO driving, alcohol, or use of electrical devices for 24 hours post operatively.

*If you have any questions, concerns, and/or problems call Dr. Cole*  
*Office Phone: (586) 415-6800*  
*After Hours answering service: (248) 544-6989*

**If you experience any of the following please contact Dr. Cole:**

1. Severe pain not responding to the pain medication.
2. Temperature elevation over 100 degrees.

3. Marked swelling.
4. Any excessive bleeding.
5. Other questions or problems.

**Post-Operative Appointment:** \_\_\_\_\_

I Have read and understand the above instructions.

**Responsible Party/Relationship:** \_\_\_\_\_

**Patient's Name:** \_\_\_\_\_

**Witness:** \_\_\_\_\_ **Date:** \_\_\_\_\_