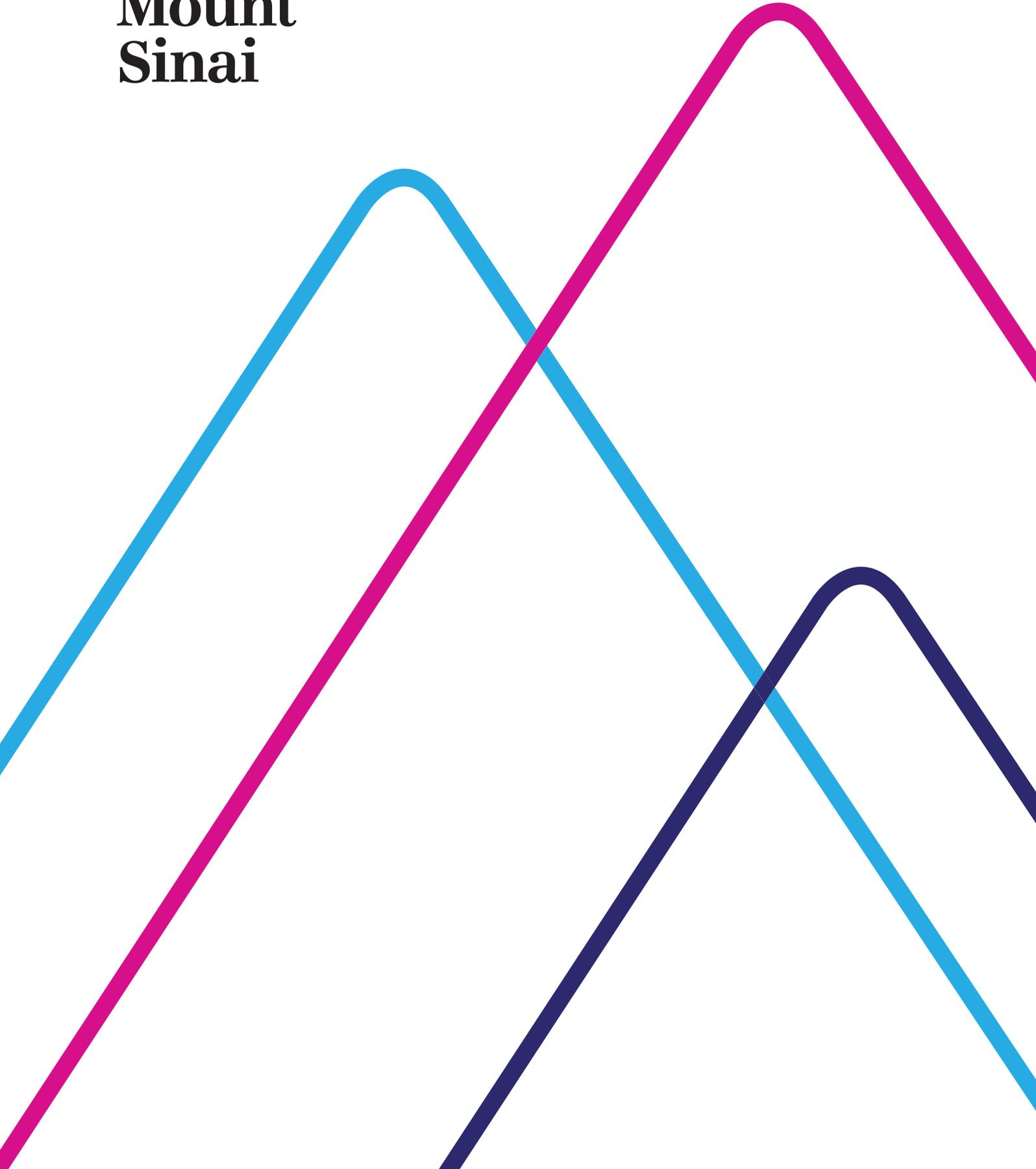




**Mount
Sinai**





Welcome!

We thank you for entrusting your care and your gender affirming surgery with us. We work together as a team and want to take this opportunity to introduce ourselves, and help prepare you for your vaginoplasty and after surgery.

You have many options and we are honored that you have chosen us and appreciate being a part of this journey with you.

We promise to do our best to provide world-class surgical care in a compassionate environment.

Sincerely,

*Rajveer Purohit, MD, MPH & Miroslav Djordjevic, MD, PhD
Department of Urology & Mount Sinai Hospital*



Our Team and Contact Information



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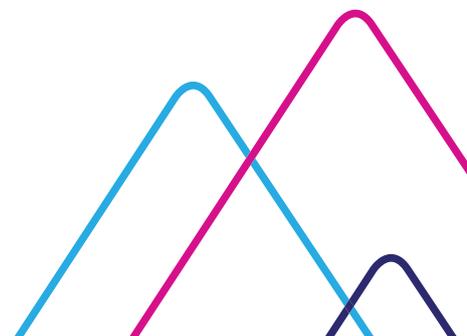
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77th Street Urology
Located between York and 1st Avenue
445 E. 77th Street
New York, NY 10075

***Center for Transgender Medicine
and Surgery (CTMS) at Mount
Sinai***
Phone (212) 604-1730



VAGINOPLASTY :

What to Do and Expect Before and After Your Surgery

BEFORE YOUR VAGINOPLASTY

The process to getting your vaginoplasty begins when you meet Dr. Purohit, or Dr. Djordjevic at your first office visit or the providers at CTMS (Center for Transgender Medicine).

1. Meet Maryanne Santos (scheduling) and speak to **Samantha Gonzalez** (patient liaison).

- Surgery days are typically Monday, Tuesday, Fridays, and some Wednesdays
- It typically take at least 6 months from the first meeting until the day of surgery
- **Ask** Sam and Maryanne for help if you have any challenges along the way

2. Complete CTMS readiness program

- **If you have completed the CTMS readiness program**, you and Sam will review what to do next and whether hair removal needs to be scheduled.
- **If you have NOT completed the CTMS readiness program**, you can't be given a surgery date until that is done. Sam will arrange for the CTMS team to reach out to you and start the process.
- **CTMS READINESS** consists of 3 sets of appointments to make sure you are ready for surgery and have all of your letters* ready:
 1. Meeting with social worker
 2. Mental health professionals
 3. A medical appointment. These appointments make sure you are ready to undergo your surgery and will help with obtaining WPATH* letters to submit for a surgical authorization. CTMS 212-604-1730.

3. Complete Pre-operative testing

Once a surgical date is provided you will receive a call from Sam to schedule your pre-operative testing with Mount Sinai. If you chose to see your own primary care physician, they will need to complete the Mount Sinai Hospital requirements for pre-op testing.

Please make sure the following are complete:

- You should have an after care and support system arranged 45 days prior to surgery to assure you will have the support needed when discharged from Hospital. (CTMS will discuss that during your readiness appointments in detail).
- Inform Urology and CTMS with the contact info for your care giver(s).

*Letters refers to CTMS requirement for three letters for surgical clearance and insurance approval for authorization consisting of:

1. Mental health letter
2. Social work letter
3. Medical letters

*WPATH stands for: "The World Professional Association of Transgender Health"
WPATH has created standards of care for transsexual, transgender and gender non-conforming people, that the department of urology follows.



- Inform Urology and CTMS with the address of where you will stay after surgery (must be within 45 minutes of Mount Sinai Beth Israel Hospital “surgery location”– 281 1st Avenue New York, NY 10003) – typically we ask patients to stay in New York city for at least 2 weeks after surgery.

4. Pre-surgery follow up meeting in the office with Dr. Purohit or Dr. Djordjevic

- Typically you’ll be seen at least one more time before surgery to finalize details of surgery and answer any questions you might have, at the practice location 445 E 77th Street.

5. Receive further instructions from our team:

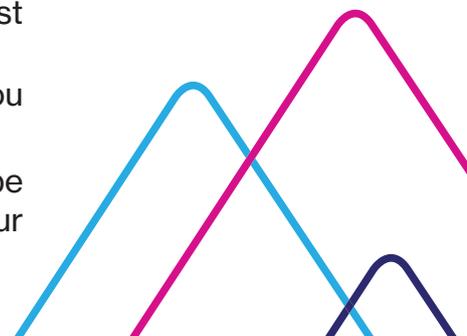
- Stop smoking and using any drugs as soon as possible.
- You will be emailed a pre-operative packet by your patient liaison/scheduling coordinator, which will include instructions and items that should be purchased prior to surgery – this will be specific to your surgery.
- You will receive a call the business day prior to your surgery date from the admitting nurses/pre-op team to go over pre surgical prep, medications, and arrival time to the hospital on date of surgery. This call will happen **after 2 pm** and the list goes by patient’s last name. (If surgery is on Monday, you will receive a call the Friday before surgery).
- At that call they will remind you that per hospital policy, **it is required to have an escort upon discharge**. Please arrange this prior to your surgery, without an escort your surgery is likely to be cancelled.

THE DAY BEFORE YOUR VAGINOPLASTY

- Diet – Eat a normal breakfast, a light lunch and a clear liquid diet for dinner. Remember, do not eat or drink anything after midnight!
- Take the magnesium citrate bowel prep at 6pm the night before surgery. This medicine was called into your pharmacy.
- Use an anti-bacterial soap such as Chlorhexidine and clean yourself thoroughly the night before surgery and the morning of surgery.
- You can continue to take estradiol and all of your hormones as you would normally take.

ON THE MORNING OF SURGERY

- Mount Sinai Beth Israel is located at 16th Street and 1st Avenue in Manhattan.
- When you enter let the front desk security know that you are here for surgery.
- Typically surgery will be the early in the morning. You will be given instruction on the time the afternoon before your surgery.



AFTER YOUR VAGINOPLASTY

WHILE YOU ARE ADMITTED TO THE HOSPITAL

- Expect to be in the hospital about 3 days and start eating food the day after surgery.
- The first day for you, will be mostly if not entirely consisting of resting in bed period Two days after surgery you should be able to get up and walk around.
- Typically you will be discharged in the afternoon of the 3rd day, after drains* are removed.
- Most patients are admitted to 3-Dazian wing of Mount Sinai- Petrie.
Currently admitted patients are permitted 2 visitors per day but only 1 at a time
a) All visitors must be vaccinated for COVID or have proof of a negative PCR test within 72 hours.

AFTER YOU ARE DISCHARGED FROM THE HOSPITAL

You should have an appointment to see the doctor in the office about 1 week after surgery

- You will be discharged home with vaginal packing and a urinary catheter with a bag attached to drain your bladder.
- The catheter and the packing will be removed on your first follow-up visit about one week after surgery.
- Before discharge, the nursing staff will give you a set of vaginal dilators. Please bring this set to your first follow up appointment – you will taught to dilate at the time of the office visit.

*The drain is a small tube that helps prevent fluid from accumulating under the skin. It is typically removed prior to your discharge from the hospital.



CONTINUING YOUR CARE AT HOME

- You will be prescribed pain medication to be used as needed. Stool softener (Colace) is recommended after surgery. Vigorous physical activity should be avoided for 8 weeks following surgery and only after you have been cleared by Dr. Purohit or Dr. Djordjevic.
- Until follow-up, you should not sit down directly on the vagina – this can cause a breakdown in the skin.
Standing, ambulating, or lying down are preferred.
- You can shower once you are at home but do not rub the incision sites with soap.
- Do not take a bath or soak the incisions until cleared by Dr. Purohit or Dr. Djordjevic.
- Visiting nurses are available but will be set up by CTMS before your surgery.
- Typically a follow-up visit to see the doctor will be made 1-3 months after surgery.

If you have challenges, concerns or questions along the way with scheduling or figuring out what to do next, Sam is the person to ask.

If it's a medical problem contact Dr. Purohit or Dr. Djordjevic.

If you have any other questions or concerns, please feel free to call office: 212-241-4812, Maryanne 917-763-5361, or Sam 646-584-9520 directly.

Thank you for allowing us to participate in your care!

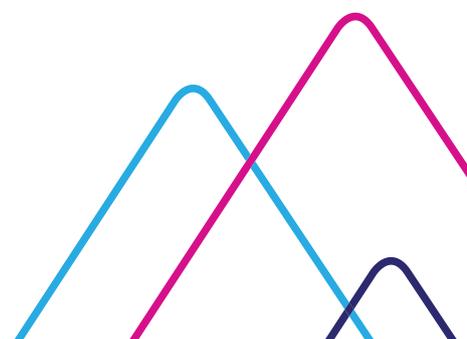


POST- OPERATIVE DILATION INFORMATION

- You will begin dilating immediately after the vaginal packing is removed.
- After being shown in our office, you will need to dilate again once you get home.
- For the **FIRST TWO** weeks after packing is removed, you should only dilate **TWICE** a day for 20-30 minutes each time.
- After two weeks of dilating, increase dilations to three times a day.
- You have a set of four dilators, purple-blue-green-orange. You will begin with the purple dilator and can start moving up in size after 1 month. When you feel comfortable with the current dilator you are using, feel free to try using the next size up.
- Make sure to keep dilators clean. Wash them with soap and warm water before and after every use.
- When your Metrogel runs out you will use over the counter water based lube (such as KY jelly).
- There may be bleeding or discharging during or after dilating, which is considered normal.
- Sometimes the incisions towards the bottom of the vagina may open up. If this happens to you, do not worry! There is not much to do other than keeping the area clean. **DO NOT APPLY ANYTHING TO THE INCISIONS OR OPENINGS.**
- Be sure to gently wash the vagina with soap and water daily.
- You can begin douching two weeks after surgery to keep the inside of the vagina clean.
- If the vagina feels tight when dilating, try increasing the number of times you are dilating or the length of time you are dilating (excluding the first week of dilating).

HOW TO USE THE DILATIONS

- Make sure dilator is clean.
- Apply lube to the dilator.
- In a laying position, gently insert dilator into the vagina tilted about 45 degrees downward until under the pubic bone and then straighten the dilator out and insert until you reach the depth of your vagina.
- The final dot on the dilators indicates about 6 inches of depth – the total length of the dilator is 6 inches.
- Once the dilator is in, you can either hold it in place or you can insert it in and out.
- You should dilate for a minimum of 20 minutes and can dilate for as long as tolerated.
- Once you complete your dilating session wash the dilator with soap and water.



SITTING

- You should avoid sitting until cleared by one of the surgeons. It is okay to be in a reclining position. Sitting puts direct pressure on the vaginal incisions which can cause them to open up.
- It is recommended to purchase a “donut” cushion which you can use to sit for short periods of time during your healing process. There is a picture of one below and these can be purchased in most pharmacy/ healthcare stores or online shopping sites.



DOUCHING

- You can begin douching two weeks after surgery.
- Only use plain water or soapy water to douche. You can purchase a vaginal douche or simply use a squirt bottle.
- To douche, you will gently insert nozzle into the entry of your vagina and slowly squeeze the bottle. The solution should flow freely out of your vagina.
- This should be done while either sitting on the toilet or standing in the shower.
- You can douche twice a week or more if needed.

