



**Mount
Sinai**

*Center for Transgender
Medicine and Surgery*

FOLLOW UP APPOINTMENTS

1 Week From Hospital Discharge

- Your first follow-up visit will be scheduled for 1 week from your discharge date.
- Bring your dilators and Metrogel to your post-op visit. After the Metrogel runs out, you may use K-Y jelly or a similar water-based lubricant.

2 Weeks From Hospital Discharge

- Your second follow-up visit will be scheduled for 2 weeks from your discharge date.
- Bring your dilators and Metrogel to your post-op visit. After the Metrogel runs out, you may use K-Y jelly or a similar water-based lubricant.

3 Weeks From Hospital Discharge

- A follow-up will be scheduled for 3 weeks from your discharge date at your surgeons discretion if they feel the surgery is not healing properly.
- Bring your dilators and Metrogel to your post-op visit. After the Metrogel runs out, you may use K-Y jelly or a similar water-based lubricant.

4 Weeks From Hospital Discharge

- A follow-up will be scheduled for 4 weeks from your discharge date at your surgeons discretion if they feel the surgery is not healing properly.
- Bring your dilators and Metrogel to your post-op visit. After the Metrogel runs out, you may use K-Y jelly or a similar water-based lubricant.

6-8 Weeks From Hospital Discharge

- A follow-up visit will be scheduled for 8 weeks from your discharge date.
- Bring your dilators and Metrogel to your post-op visit. After the Metrogel runs out, you may use K-Y jelly or a similar water-based lubricant.

12 Weeks From Hospital Discharge

- A follow-up visit will be scheduled for 12 weeks from your discharge date.
- Bring your dilators and Metrogel to your post-op visit. After the Metrogel runs out, you may use K-Y jelly or a similar water-based lubricant.
- A 3 Month Follow Up will also be scheduled with our Ambulatory group.