



INFORMATION BOOKLET

VAGINOPLASTY WITH VAGINAL CAVITY

PART B

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8. THE MONTHS PRECEDING THE SURGICAL PROCEDURE

8.1 PRE-OPERATIVE QUESTIONNAIRE

The pre-operative questionnaire completed upon opening your file is valid for a period of six months. After this period, for safety reasons, we will ask you to complete it again.

AT ANY TIME BEFORE YOUR PROCEDURE, PLEASE NOTIFY US IF:

- You notice a change in your health status.
- Your life situation changes — our team will work with you to help you get the necessary resources.
- You have a bacterial or viral infection — ask your attending physician to send us their consultation report clearly mentioning the details of the infection and treatment.
- There are changes to your current medication — please provide us with an updated list from your pharmacy.

8.2 PRE-OPERATIVE EXAMINATIONS

A resting electrocardiogram (ECG) with interpretation will be required if you are 60 years of age or older. You must provide us with the results, including tracing, at least two months before the date of your surgical procedure. Please note that this is valid for a period of four months.

After analysis of your ECG, you may be asked to undergo additional examinations. If required, be sure to send us the results as soon as possible to avoid postponing your surgical procedure.

8.3 PREOPERATIVE MEDICATION

MEDICATIONS TO BE CONTINUED



At all times, before your surgical procedure:

- continue taking your antiandrogens (Finasteride, Spironolactone),
- continue taking your antidepressants and neuroleptics,
- take acetaminophen without risk (Atasol®, Tylenol®, Doliprane®, Efferalgan®, paracetamol products),
- continue taking your multivitamins and vitamins **A-B-C-D**.

MEDICATIONS TO STOP

It is your responsibility to check whether the medicines you are taking contain any of the products mentioned below. If in doubt, consult your attending physician or pharmacist.

Three months before the surgical procedure, stop:

- ☐ oral retinoids (Accutane®).

Three weeks before the surgical procedure, stop:

- ☐ feminizing hormones such as estrogen, progesterone, and cyproterone acetate (Androcur®).

Two weeks before the surgical procedure, stop:

- ☐ natural health products
- ☐ homeopathic products
- ☐ garlic capsules
- ☐ vitamin E.

Some natural products have effects on the liver that can alter liver enzymes and thus increase the risk of bleeding. Due to the lack of scientific data on post-operative complications possibly linked to the use of natural and homeopathic products, we recommend that you discontinue them.

Ten days before the surgical procedure, stop:

- ☐ any product containing acetylsalicylic acid, such as Aspirin®,
- ☐ anti-inflammatories (**unless otherwise advised by your attending physician or surgeon**) such as: ibuprofen, Advil®, Celebrex®, Indocid®, Motrin®, Naprosyn®, Orudis®, Vioxx®, Voltaren®, etc.,
- ☐ cold and flu medications such as Tylenol Sinus®, Advil Sinus®, cough syrup, etc.

8.4 ALCOHOL

Alcohol increases the risk of bleeding during surgery. Mixing alcohol and medications can also cause unpredictable side effects. Stop all alcohol consumption **two weeks before and three weeks after** the surgical procedure.

8.5 TOBACCO

Stop smoking cigarettes or electronic cigarettes containing nicotine and nicotine substitutes (Nicorette® or others) **at least six weeks before and eight weeks after** your surgical procedure. The nicotine and toxic substances in these products can constrict small blood vessels and therefore:

- slow down the healing of your wounds and thus increase the risk of infection,
- increase the risk of respiratory problems and pneumonia after the procedure,
- cause nausea or vomiting and bouts of coughing when getting up, increasing the risk of post-operative bleeding.

8.6 CANNABIS

Please refer to the Cannabis section of *Vaginoplasty* booklet - **Part A** for information regarding cannabis.

8.7 BODY MASS INDEX (BMI)

During your pre-operative assessment, you may have been given a weight goal. To optimize results and reduce the risk of complications, we ask you to maintain this goal and to inform the nurse in charge of your file of any changes.

Please note that if your BMI is over 40 on the morning of surgical procedure, your surgeon may postpone your surgery.

Please refer to the BMI section of *Vaginoplasty* booklet - **Part A**.

9. PACKING YOUR SUITCASE

The Complexe Chirurgical CMC is not responsible for the loss, damage, or theft of personal belongings. Do not bring large sums of cash. Leave jewelry and valuables at home.

9.1 SMALL WHEELED SUITCASE

Your suitcase must be a carry-on size and **weigh no more than 10 kg (22 lb)**. We ask you to follow this instruction for the following reasons:

- Risk of injury to you or our staff when handling luggage that is too heavy or too bulky,
- Restricted space in the care unit's rooms,
- Risk of falling: floors must remain clear.

9.2 DOCUMENTS TO BRING

- ☐ Health insurance card of your province (RAMQ if you reside in Québec),
- ☐ Updated list of your medications. Ask your pharmacist for this list.
- ☐ **For non-canadien residents:**
 - Your passport
 - the "Medical Services Contract"
 - the "Governing Law and Jurisdiction Agreement" form

If you are a patient non-Canadian resident and have not received these documents, please contact us at 1 514 288-2097.

9.3 PERSONAL BELONGINGS FOR THE DURATION OF YOUR STAY

- ☐ Inhalation pump and inhalation chamber, if applicable.
- ☐ Glasses or contact lenses, lens case and solution, if applicable.
- ☐ Dental prostheses and containers, if applicable.
- ☐ Hearing aids and case, if applicable.
- ☐ Personal medication **must be properly identified and must be kept in its original containers.**

Personal care products :

- ☐ Shampoo
- ☐ Toothpaste and toothbrush
- ☐ Unscented lotion
- ☐ Deodorant
- ☐ Etc.

Personal clothes (**quantity to be adapted according to the length of your stay**):

- ☐ Loose-fitting clothing (joggers, skirts, dresses),
- ☐ 1 pair of slippers with non-slip soles or sandals,
- ☐ 1 pair of easy-to-slip-on shoes,
- ☐ Loose-fitting pyjamas or nightgowns,
- ☐ 1 bathrobe.

Please note that we do not provide a laundry service for personal clothing.

Entertainment:

- ☐ A book
- ☐ A music player and charging cable
- ☐ Your headphones
- ☐ Etc.

9.4 ITEMS TO OBTAIN FOR THE PREPARATION OF THE SURGERY

These items must be brought with you if you are staying at a hotel before your surgery.

- ☐ 2 sodium phosphate enemas of 130ml each (Enema® or other brand - at a cost of approximately \$15 for 2 enemas); - *Picture 1*
- ☐ Electric razor (clippers); available from \$15 to \$25
- ☐ 2 Chlorhexidine sponges or soap for preoperative showers – *Picture 2*

If you are traveling by plane and have only a carry-on suitcase, please make sure your soap and enemas containers are approved by the airplane company.



Picture 1



Picture 2

9.5 ITEMS TO OBTAIN FOR YOUR STAY AT ASCLEPIADE RECOVERY CENTRE AND YOUR RETURN HOME

- ☐ Portable mirror with support to clearly see your genitals during your treatments. – *Picture 3*
- ☐ Mild, fragrance-free soap such as Dove® or Ivory® for your sitz baths and to wash yourself (liquid soap is best for sitz baths).
- ☐ 1 large pack of hypoallergenic and alcohol-free disposable baby wipes.
- ☐ 1 tube of water-based, fragrance-free and alcohol-free lubricating gel (K-Y®) – *Picture 4*
- ☐ 20 light-absorbent, unscented sanitary pads.



Picture 3



Picture 4

9.6 ITEMS FOR THE POST-OPERATIVE PERIOD THAT YOU LEAVE AT HOME

- ☐ A thermometer.
- ☐ About 15 disposable underpads (*picture 5*) to protect your bedding or 8 cotton towels.
- ☐ About 40 light-absorbent, unscented sanitary pads.
- ☐ A tube of silicone gel or vitamin E cream for massaging the scars.
- ☐ 1 measuring cup and 1 teaspoon measure for saline preparation.
- ☐ 1 bottle of dish soap for cleaning your dilators and vaginal douche.
- ☐ 9 tubes of water-based, fragrance-free and alcohol-free lubricating gel (K-Y®) (*Picture 4*)
- ☐ White loose-fitting cotton underwear.



Picture 5

10. PREPARING FOR YOUR RECOVERY AT HOME

10.1 MEALS AND SNACKS

Cook meals, freeze them and buy non-perishable food so you don't have to cook when you get home. It is important to incorporate enough protein into your diet as it has a direct influence on wound healing. In addition, adequate hydration and a balanced menu will optimize your immune functions, giving you better protection against infection.

10.2 YOUR HOME-BASED ACTIVITIES

Movements will be limited, as will the amount of weight you can lift. You will probably need help with household activities. **Ask a family member or friend to be available if you need help.** This person can accompany you wherever you go and, if necessary, help you with your personal care and daily activities.

10.3 RETURN TO WORK AND NOTIFICATION TO YOUR EMPLOYER

The recovery period is 12 weeks. It is important to notify your employer. If you would like a letter justifying a period of time off work, please contact the GrS Montréal consultation office.

11. THE DAY BEFORE THE SURGICAL PROCEDURE

11.1 CHANGE IN YOUR HEALTH STATUS

The day before your surgery, if you have a fever (temperature higher than 37.5 °C) or flu-like symptoms, diarrhea or vomiting, please notify the nursing staff as soon as possible at 514 332 7091, ext. 232. You can leave a message on voicemail.

11.2 ENEMAS

The day before your surgery, you must self-administer the 2 sodium phosphate enemas intrarectally. Follow the instructions on the packaging.

- o 1st enema at 4 p.m.
- o 2nd enema around 8 p.m.

11.3 SHOWER THE DAY BEFORE THE PROCEDURE

You **must** take a shower the day before **and** the morning of your procedure.

To reduce the risk of infection and the number of bacteria on your skin during the operative and post-operative periods, you must use the chlorhexidine sponges or soap that you bought to wash the area to be operated on.

Be sure to follow the instructions supplied with the product carefully, and avoid contact with the eyes, outside the ears and genital mucus membranes. After showering, **do not apply lotion, creams or deodorants to your skin.**

11.4 FASTING

You must **fast from midnight** before your surgical procedure, meaning consume no solid or liquid food, **including water**. Avoid chewing gum or sucking candy. You may, however, brush your teeth and rinse your mouth.

11.5 ARTIFICIAL NAILS, NAIL POLISH AND PIERCING JEWELRY

Remove artificial nails and nail polish, since nail colour is a good indicator of the oxygen level in your blood. In addition, the device used to measure your oxygen level may have difficulty reading the results if your nails are covered with nail polish, even if it is transparent, or if you have artificial nails.

You **must** remove all your piercing jewelry, as there is a risk of burns during the procedure. Please note that the surgeon may refuse to proceed with the surgery if you refuse to remove them. However, body piercing jewelry can be temporarily replaced by silicone piercing jewelry, except for those on the face, mouth and neck, which must be removed.

12. THE MORNING OF THE SURGICAL PROCEDURE

12.1 PRE-OPERATIVE HAIR REMOVAL

WHEN

Before the pre-operative shower on the morning of surgery and a **maximum of 12 hours before** the procedure.

AREA

Remove hair from the area to be operated on: the pubic area, groin, the genitals and around the anus.

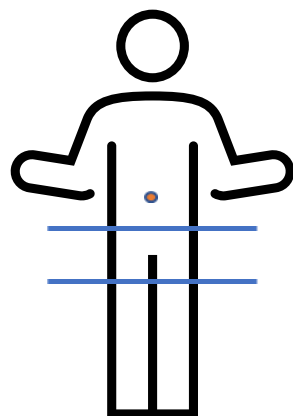
METHOD

Use an electric razor. You do not need to shave close to skin. 1 mm of hair can be left.

Be careful, however, not leave more than 1 mm, otherwise you will have to shave again, which could have an impact on the timing of your surgical procedure.

Hair removal with wax or razor blades is prohibited. Depilatory cream must be avoided because of the risk of skin reactions.

The nursing staff will check the shaved area before your surgery.



Area to shave: the pubic area, groin, the genitals and around the anus.

12.2 SHOWER ON THE DAY OF SURGERY

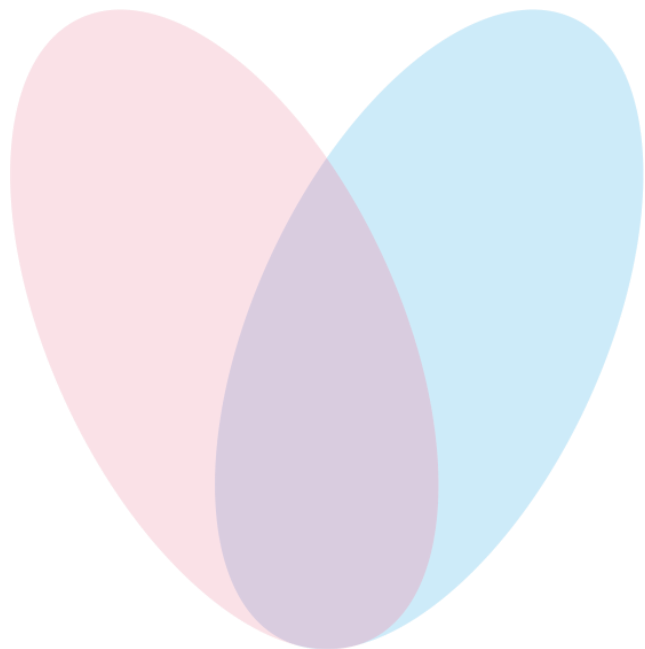
You must take another shower the morning of the surgical procedure to wash the area to be operated on with the chlorhexidine sponge or soap. After showering, **do not apply lotion, cream or deodorant to your body.**

12.3 PERSONAL MEDICATION

Your regular medication, including diabetes, heart and blood pressure medications, and inhalation pumps (even if you normally use them only when needed) will be administered to you after assessment by our clinical team upon admission the morning of the procedure. **You should therefore bring your personal medication with you for admission.**

If the nursing staff authorizes you to take your usual medication the morning of your procedure, you can take it with only a sip of water.

Therefore, do not take any medication before meeting the nurse responsible for your admission. If you have questions, you can contact the administrative assistant in charge of your file at 1 514 288-2097.



13. YOUR STAY AT COMPLEXE CHIRURGICAL CMC

13.1 ADMISSION

A member of the GrS Montréal administrative team will inform you one week before your surgery of the time you will be expected at the Centre Métropolitain de Chirurgie. On the morning of your surgical procedure, you will be greeted by a member of the nursing staff who will complete your file with you and answer any questions you may have.

Please note that **the time of your admission does not correspond to the time of your surgical procedure**, since the latter cannot be accurately confirmed. After your arrival at our facility, you may have to wait one to several hours before your surgery, depending on the day's operating schedule.

13.2 MEDICAL CONSULTATION

The morning of your surgery, you will meet your anesthesiologist and surgeon. They will answer your last questions before your surgical procedure.

13.3 PREMEDICATION SPECIFIC TO YOUR SURGICAL PROCEDURE

Approximately two hours before your surgery, the nursing staff will administer premedication tablets to reduce post-operative pain and the risk of nausea and vomiting.

13.4 OPERATING ROOM

You will be taken to the operating room by a member of the care team.

When you arrive at the operating room, members of the surgical team will verify your identity and the information in your medical file. For safety reasons, you will be asked to confirm your identifiers several times.

For information on anesthesia, please refer to *Vaginoplasty* booklet, Part A.

13.5 RECOVERY ROOM

Immediately after the surgery, you will be transferred to the recovery room for 30 to 90 minutes. At this time, it is normal to experience nausea and vomiting which are possible side effects of anesthesia. The nursing staff will administer medication to control nausea and vomiting, as well as alleviate your pain, and will provide continuous monitoring.

13.6 YOUR STAY AT THE CARE UNIT AND MAISON DE CONVALESCENCE ASCLÉPIADE

You will then be transferred to your room in the care unit for 2 nights, depending on your surgeon's instructions.

To avoid complications, early mobilization is preferred. You will get up for the first time on the day of the surgery with the help of the nursing staff. You will be encouraged to walk and get up frequently.

If necessary, you will be given medication to manage your pain.

Diet will be resumed gradually, according to your tolerance.

Thereafter you will be transferred to the Asclépiade convalescent home for six nights. You will receive information and teaching related to your post-operative care.

13.7 YOUR ACCOMPANYING PERSONS

Your accompanying persons will not be allowed to follow you into the operating room. They can wait for you in the waiting room.

When you return to your room in the care unit, your accompanying persons will be allowed to visit you. To respect the peace and privacy of other patients, only one person at a time is allowed at your side. If patients' peace and quiet is not respected, we will be obliged to intervene and may ask to minimize the visiting time.

During your stay, no meals will be served to your accompanying persons. Please ask the staff about nearby restaurants.

13.8 MEDICAL LEAVE

You generally will obtain your medical discharge eight days after the surgical intervention.

On the day of your discharge, we ask that you vacate your room early in the morning to allow us to welcome a new patient. However, you may wait in the lounge for your companion or transport. Please make sure you have all your personal belongings and identification before you leave.

You will receive your discharge prescription, including information about your post-operative care at home.

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