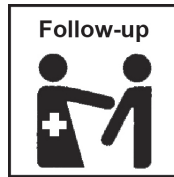


Before Surgery	Surgery Day	Recovery
<p><input type="checkbox"/> Talk with the provider who manages your hormone therapy to confirm your hormone dosing for after surgery. Do this either before your surgery or within 1 week after your surgery.</p> <p><input type="checkbox"/> Tell your surgeon if you have previously been told that you cannot take ibuprofen or acetaminophen for any reason.</p> <div data-bbox="174 764 331 919" data-label="Image"> </div> <p>Day Before Surgery</p> <p><input type="checkbox"/> After midnight the night before your surgery, do not eat or drink anything. This means no lozenges, chewing gum, mints, or candy, unless your surgeon or admitting nurse told you otherwise.</p> <div data-bbox="174 1357 331 1511" data-label="Image"> </div>	<p>Before You Leave Home</p> <ul style="list-style-type: none"> <input type="checkbox"/> Follow the instructions from your surgeon and admitting nurse about what medicines to take or not take before surgery. <input type="checkbox"/> If you must take medicines, take them with only a small sip of water. <p>For 24 Hours After Surgery</p> <p>Do not:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Drive. <input type="checkbox"/> Use machinery. <input type="checkbox"/> Eat heavy or large meals. <input type="checkbox"/> Eat spicy or greasy foods. <input type="checkbox"/> Drink alcohol. <input type="checkbox"/> Make important decisions, sign papers, or be responsible for another person's care. <p>Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Rest. This will help reduce swelling. <input type="checkbox"/> Apply cold packs (such as a bag of frozen peas) to your groin area to help reduce swelling: <ul style="list-style-type: none"> - Cover your groin area with a towel first. Do not place the cold pack right on your skin. - For the first 24 hours after your procedure, leave the cold pack on for 20 minutes, then off for 20 minutes. Repeat. Keep the area cool, not cold. <input type="checkbox"/> Wear loose, comfortable clothing. <input type="checkbox"/> Keep the incision area clean and dry. 	<p>What to Expect</p> <ul style="list-style-type: none"> <input type="checkbox"/> Some discomfort. <input type="checkbox"/> Bruising and discoloration of the <i>scrotum</i> (skin over the gonads) and the base of the <i>phallus</i> (penis) for 1-2 weeks. <input type="checkbox"/> Some swelling of the scrotum for up to 1-2 weeks. <input type="checkbox"/> Some thin, clear, pinkish fluid draining from the incision for a few days. <input type="checkbox"/> A sore throat, nausea, constipation, or body aches for 48 hours if you had general anesthesia. <p>Diet</p> <ul style="list-style-type: none"> <input type="checkbox"/> Start with clear liquids or something light. <input type="checkbox"/> Slowly add your usual foods to your diet, as you can handle them. <input type="checkbox"/> Drink plenty of water to stay hydrated. <p>Medicines</p> <ul style="list-style-type: none"> <input type="checkbox"/> Take acetaminophen (Tylenol) and ibuprofen (Advil, Motrin) as needed for any discomfort. You may take each every 6 hours and can take both together unless you have been instructed not to take these medicines for other reasons by another provider. <input type="checkbox"/> For breakthrough pain, take the stronger pain medicine your doctor prescribed (such as oxycodone). This should be taken in addition to acetaminophen and ibuprofen as above. <div data-bbox="1793 919 1971 1097" data-label="Image"> </div> <p>Activity</p> <ul style="list-style-type: none"> <input type="checkbox"/> Do not drive while you are taking prescription pain medicine.

Day After Surgery

- Call the Gender Care Clinic at UWMC-NW for a 6 week follow-up visit if not already scheduled.
- Your pain and swelling may become worse. Keep using cold packs until 24 hours after your surgery.
- Expect a small amount of bloody discharge from your incisions.
- You may have bruising around your incision site, the scrotum, and the phallus.
- Wear the supportive underwear for 1 week.
- 24 hours after your surgery, remove all dressings from inside the supportive underwear.
- You may shower after you remove the dressings. Dry the incision area gently but fully.
- If you have not yet done so, talk with the provider who manages your hormone therapy to find out if your treatment needs to be adjusted.



Day 2 and After

- You may resume normal, light activity 24 hours after your surgery, or when you feel better.
- Avoid heavy exercise or heavy lifting for 2 weeks. After that, you can return to your normal activities. Let your body be your guide. If what you are doing is causing discomfort, slow down or stop and rest.
- Avoid all sexual activity, including masturbation, for 2 weeks.
- Sutures over your incision will dissolve on their own in the next 2 to 3 weeks.
- Any glue over your incision will begin to “flake off” after a few days.
- You may return to work when you feel comfortable enough to do so.



When to Call

- Call your **doctor** if you have:
 - Fever higher than 101°F (38.3°C)
 - Shaking and chills
 - Nausea and vomiting
 - Hives, rash, nausea, vomiting, or other drug reactions

The Gender Care Clinic at UWMC-NW is open weekdays from 8am to 5pm. The phone number is 206-668-5215.

Call the Gender Care Clinic if:

- Your incision becomes red, painful, or pulls apart
- You are concerned about the amount of swelling

Urgent Care

- If you need care after office hours, go directly to the **Emergency Room**.