

PHYSIOTHERAPY GUIDELINES FOR THE USE OF VAGINAL DILATORS AFTER GENDER REASSIGNMENT SURGERY



1

Perform dilation therapy with different materials (silicone, plastic, vibrators, or penile prostheses).

2

Daily use is recommended, according to individual tolerance. The duration should be as long as possible or with short breaks.

3

Encourage your partner to actively participate in the process.

4

Resumption of sexual activities should occur 8 weeks after surgery, with medical clearance.

5

Monitor the use of dilators. If you experience discomfort, seek professional advice.



FOR MORE INFORMATION, SEND AN
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