

## **Background**

Postoperative physical therapy (PT) plays a crucial role in improving recovery and functional outcomes across various surgical specialties. However, its application in patients undergoing d vaginoplasty for gender affirmation remains underexplored. This study aimed to evaluate the use and perceived benefits of PT among vaginoplasty patients, particularly in its impact on dilation progress, relaxation, functional adjustments, and managing potential postoperative complications.

## **Materials and Methods**

A retrospective study was conducted at the University of X, involving patients aged 18 and older who underwent full depth vaginoplasty for gender affirmation with at least six months of follow-up. Data were collected from medical records and patient surveys, and a paired samples T-test was used for statistical analysis.

## **Results**

Between 2020 and 2023, 51 patients met the inclusion criteria, with 33 completing the survey and 23 undergoing postoperative specialized pelvic floor therapy. Patients who attended more PT sessions reported higher satisfaction with their vaginoplasty outcomes, including better dilation progress and improved bowel function. Those who felt supported during PT also expressed greater satisfaction with their learning experience. Additionally, physically active patients were more likely to attend additional PT sessions, which correlated with better achievement of dilator goals and the development of effective coping strategies.

## **Conclusions**

These findings suggest that PT aids in dilation, promotes relaxation, assists with functional adjustments, and enhances both physical and mental well-being. Future research should focus on larger, multi-institutional studies with validated tools to comprehensively assess the benefits of PT in transgender postoperative care.