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Background

- Vaginoplasty is critical component of gender affirming care for transwomen and gender diverse individuals
- Physical therapy (PT) following gender-affirming vaginoplasty is mainly underexplored – longitudinal postoperative care has not received adequate attention in standard care protocols

Objective

- To understand whether postoperative PT after gender-affirming vaginoplasty is perceived as clinically beneficial by patients and leads to better recovery outcomes

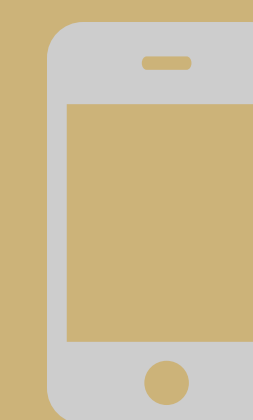
Methodology

- Cross-sectional survey design with a Likert-scale to assess dilation regimen and mental and physical well-being following post-operative PT
- Inclusion criteria: patients who underwent primary or revisional robotic-assisted vaginoplasty with peritoneal flaps at the University of Colorado between 2020 to 2023
- Included both patients who received and did not receive postoperative PT

Results

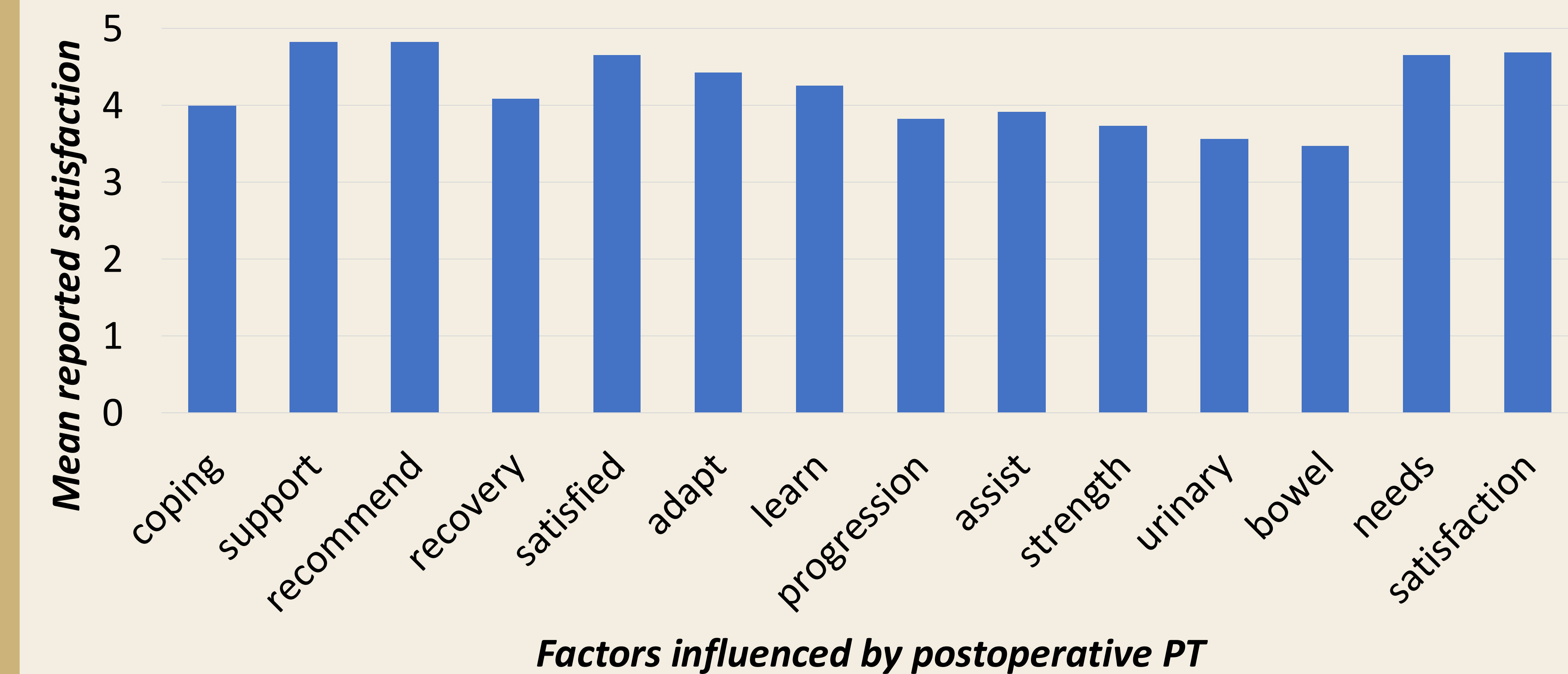
- Patients who attended more PT sessions reported higher satisfaction with their vaginoplasty, had more successful dilations, and fewer bowel function issues
- Patients who felt well-supported by PT had higher satisfaction with their learning experiences

Postoperative physical therapy enhances dilation, functional recovery, and patient satisfaction in gender-affirming vaginoplasties



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Figure 1. Impact of PT on key recovery areas after vaginoplasty



Conclusion

- Increased PT attendance was associated with greater success in achieving dilator goal size and developing effective coping strategies
- Most studies on recovery following pelvic surgery demonstrate overall positive experience with PT

Next Steps

- Expand research with larger, more diverse populations across several institutions
- Continue advocacy for postoperative PT to ensure supportive and comprehensive care

Limitations and Disclosures

- Single institution departmental study
- No disclosures to share
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