

PARVEEN S. VAHORA MD PA

PESSARY CARE AND INSTRUCTIONS

- Your pessary can remain in place until your 2 week check-up unless otherwise instructed by Dr. Vahora.
- If the pessary should fall out, wash it with soap and water. You may replace it, using a small amount of TrimoSan jelly to lubricate the pessary prior to insertion. If you are not comfortable doing this, you may leave the pessary out until your follow up appointment.
- The use of TrimoSan jelly and a hormone cream is important to maintain a healthy vagina. The schedule for the use of these products is as follows:
 - Insert 1 applicator full of TrimoSan jelly into the vagina at bedtime 3 times a week, on Monday, Wednesday and Friday.
 - Insert 1 gram of Premarin or Estrace cream into the vagina at bedtime 2 times a week on Tuesday and Thursday.
- Please contact our office at **(727) 843-9350**, if you have any problems using the pessary, such as bleeding, bowel or bladder difficulties or pain.
- Please make an appointment with our office for a 2 week follow-up appointment so that we may check to make certain the pessary is fitting you properly and working well for you.

OPTIONAL: After the initial 2 weeks, you may be advised to remove the pessary at least 2 times a week at bedtime. If so, wash the pessary with soap and water, air dry overnight and reinsert with a small amount of TrimoSan jelly the next morning.