

## **POST-OPERATIVE INSTRUCTIONS FOR VAGINAL PROLAPSE, RECONSTRUCTION AND SLING SURGERY**

1. You have just had vaginal surgery for prolapse and reconstruction. It is common to experience vaginal bleeding or spotting and even difficulty in urinary stream or bowel movements for a short period of time.
2. Try to void "by the clock" every two to three hours (timed voiding) for the next few weeks, and avoid letting your bladder get over distended.
3. Avoid constipation. Stool softeners and fiber twice a day are good ways to minimize constipation and reduce pelvic pain and inflammation.
4. Sitz baths (hot salt water baths) once or twice daily can be used to aid in the vaginal and pelvic discomfort. You can readily obtain a Sitz bath that will sit in your toilet at home at any large pharmacy or medical supply house.
5. Other than the Sitz.bath, nothing inside the vagina. No intercourse until Dr. Bruce performs a follow up exam.
6. No heavy lifting (anything heavier than the phone book) for two to four weeks after the operation.
7. It is very common to have a suprapubic tube inserted to help drain the bladder and help with "bladder training" after major vaginal or pelvic reconstruction. If you have a suprapubic tube, please refer to the instruction sheet for suprapubic tube care.
8. After discharge from the hospital Dr. Bruce will need to see you for a limited pelvic exam and urine check roughly two to three weeks after the operation. At this visit, if things look well, some restrictions may be lifted and you will be able to drive and get back to limited physical activity. Many women will need to take a full six weeks off from their jobs or any heavy physical activity until the vaginal area is completely healed. After the first postoperative visit, Dr. Bruce will then make another appointment to see you four to six weeks after the first visit (roughly two months after the operation) and if complete healing has occurred, unrestricted physical activity, intercourse, swimming and heavy lifting may be undertaken.
9. Remember: itching is very common in the healing phase, and may not necessarily indicate a vaginal infection (such as a yeast infection).

For any questions regarding post-operative care, or any concerns that arise, please contact the office at 244-0161.