

FEMALE PELVIC RECONSTRUCTIVE SURGERY POST-OP INSTRUCTIONS

WHAT TO EXPECT POST-OPERATIVELY:

- To tire easily. Fatigue after surgery is normal and will resolve quickly.
- Vaginal spotting and yellow or clear discharge that may last several weeks.
- A slower urinary stream and occasionally temporary blood in urine or some discomfort, usually at the end of voiding. Don't strain to void; relax and let it take time.
- If you have had a sling, your hips may be sore (from positioning). It typically resolves in a very brief period of time.

ACTIVITY:

- Stay active: move, walk, ride a bike, shop, climb stairs as your body dictates.
- Drive: only when pain is minimal, and you have been narcotic-free for 24 hours.
- Shower only (no bath, pool or hot tub).
- Use Miralax daily as needed and stay hydrated.

RESTRICTIONS:

- Do not lift more than 10 lbs. (a gallon of milk) for 6 weeks.
- Do not engage in high impact activities (running, jumping) for 6 weeks.
- Do not place anything in the vagina (tampons, douching, or vaginal intercourse) for 6 weeks.

PAIN RELIEF

- Ibuprofen 600 mg every 6 hours
- Acetaminophen 1000 mg every 6 hours
- You can alternate ibuprofen and acetaminophen every 3 hours
- If still having pain take the oxycodone as needed

FOLLOW UP:

- Please make an office appointment for a 4 weeks postoperative visit by calling 920.729.7105.
- You may go home with a urinary catheter in place. In the event that you do, you will be contacted by our office with further instructions on removal of the catheter and to set up an ultrasound appointment 5-7 days after your surgery.

PLEASE CALL OUR OFFICE IF YOU EXPERIENCE THE FOLLOWING:

- A fever of 100.5° F or greater is sustained when temperature is taken twice, 4 hours apart.
- Vaginal bleeding that is heavy and saturates a pad per hour for more than 2 hours.
- You are unable to void for 6-8 hours and are experiencing significant bladder fullness and pain.

If you have questions, concerns, or need immediate assistance please call our office at 920.729.7105.

