

## Atlantic Urogynecology Associates

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### POST OPERATIVE INSTRUCTIONS: PELVIC ORGAN PROLAPSE

You have just undergone an operation for the correction of pelvic organ prolapse. Now you play a pivotal role in your recovery and the long-term success of the surgery. It takes time for your healing tissue to gain strength and provide the support you need. If your surgery involved mesh material, it takes time for your tissue to grow through and around that material. Refraining from or limiting certain activities may improve your chances of enjoying lifelong success from this operation. We recommend that you restrict your activity for **6 weeks** following surgery. **Restrictions and special instructions are listed below**

- If you do not already have a follow-up appointment, please call our office to make one for some time 2 to 4 weeks after the operation.
- Most patients will be able to void before leaving the hospital. If you have to go home wearing a catheter in your bladder, you will be asked to come to our office sometime during the week following your operation for a "voiding trial." Your doctor will tell you the specific day for this visit when he or she discharges you from the hospital.
- For **6 weeks** you should not lift, push or pull any objects weighing more than 8-10 lbs. (about the weight of a gallon of milk). Routine activities such as getting dressed, shaving legs, etc., are fine. Low impact exercises such as Yoga or Pilates moves; and aerobic exercises limited to walking are all OK. In fact **WALKING IS ENCOURAGED!!** Avoid swimming, biking and high-impact aerobics. You should not be carrying groceries, or the laundry basket, or operating a vacuum cleaner. Walking up and down stairs carefully is fine.
- Do not strain very much when trying to have bowel movement. You will probably need to use a stool softener after your surgery. If you are getting constipated and need suggestions about treating constipation- **PLEASE CALL THE OFFICE.**
- If you have problems or questions that need to be addressed after office hours or during the weekend you may call the same number (above) to reach our answering service. When doing so please indicate whether Dr. Culligan, Salamon or Saiz performed your surgery.
- Over the counter pain medicine such as Tylenol or Advil should be used primarily. You may also need to use the prescription narcotic pain medication we have given you. Please call us if your pain is not adequately controlled.
- In addition to the stool softener and pain medication, you will be given antibiotics to take for several days following your surgery. You may resume all of your prior medications unless specifically indicated by us.
- Do not have intercourse, douche, or place anything in the vagina for six weeks after surgery. You may shower when you get home, but do not take a tub bath or go swimming until your doctor has given you permission.
- It is normal to have minimal amount of vaginal discharge, which may last up to six weeks following surgery. This discharge may be bloody or may be yellow in color. It can also feel itchy-similar to a yeast infection. Please call if you think it is excessive or if you have concerns about your incisions.
- Eat a balanced diet. If you find your appetite is poor try eating smaller amounts more frequently throughout the day.
- Not every day will be a good day. For 4 to 6 weeks, you may be more fatigued than you were prior to surgery. Some patients feel slightly blue or depressed during the first few weeks after surgery – for no reason that is obvious to them. If it does not resolve on its own please call the office.

We hope these instructions will be useful to you. If there are any questions not covered by the instructions, please contact us at the above number, It has been a pleasure working with you in resolving your problem. It truly is a joint effort and now we need your help is seeing that you recuperate and heal well.

