Cystocele Repair
Care After Surgery

These discharge instructions provide you with general information on caring for yourself after you leave the hospital. Refer to these instructions for the next few weeks. Your caregiver may also give you specific instructions. Your treatment has been planned according to the most current medical practices available. Unavoidable complications occasionally occur. If you have any problems or questions after discharge, call your caregiver.

HOME CARE INSTRUCTIONS

- Take showers instead of baths until informed otherwise.
- Gradually decrease your pain medicine as able.
- Exercise as instructed. Do not lift weights, do sit-ups or do any exercises that increase the pressure inside your belly *(abdomen*) until your surgeon has given permission.
- Only take over-the-counter or prescription medicines for pain, discomfort or fever as directed by your caregiver.
- Ask your doctor for stool softeners and/or laxatives. Constipation is a side effect of most pain medications and can lead to straining to move your bowels. Straining increases the abdominal pressure and can lead to post-operative complications.
- You may resume normal diet and activities as directed.
- Do not douche or engage in intercourse until your surgeon has given permission.

SEEK IMMEDIATE MEDICAL CARE IF:

- There is redness, swelling or increasing pain in the vaginal area.
- Pus is coming from the vagina.
- You have an oral temperature above 102° F (38.9° C), not controlled by medicine.
- You notice a foul smell coming from the vagina.
- You develop abdominal pain.
- You notice burning during urination or frequent urination.
- There is excessive vaginal bleeding.

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