Anterior & Posterior Repair, Colporraphy
Care After Surgery

Please read the instructions outlined below and refer to this sheet in the next few weeks. These discharge instructions provide you with general information on caring for yourself after you leave the hospital. Your surgeon may also give you specific instructions. While 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, please call your surgeon.

HOME CARE INSTRUCTIONS
- Use all medicines as prescribed.
- Do not lift more than ten pounds until you have healed or as instructed by your surgeon.
- You may shower but do not take baths until instructed by your caregivers.
- Avoid driving for 4 to 6 weeks following surgery or as instructed.
- Use your elastic stockings during the day. You should wear the stockings for at least 2 weeks after discharge or longer if your ankles are swollen. The stockings help blood flow and help reduce swelling in the legs. It is easiest to put the stockings on before you get out of bed in the morning. They should fit snugly.

PAIN CONTROL
- If a prescription was given for a pain reliever, follow your surgeon's directions for taking it.
- If the pain is not relieved by your medicine, becomes worse, or you have difficulty breathing, call your surgeon.

ACTIVITY
- Take frequent rest periods throughout the day.
- Wait one week before returning to strenuous activities such as heavy lifting (more than 10 pounds), pushing or pulling.
- Talk with your doctor about when you may return to work and your exercise routine.
- You may shower 2 days after surgery, or as your caregiver advises. Pat incisions dry. Do not rub incisions with washcloth or towel.
- Do not drive while taking prescription pain medication.

NUTRITION
- You may resume your normal diet.
- Drink plenty of fluids (6-8 glasses a day).
- Eat a well-balanced diet.
- Call your caregiver for persistent nausea or vomiting.

ELIMINATION
Your normal bowel function should return. If constipation should occur, you may:
- Take a *mild laxative*.
- Add fruit and bran to your diet.
- Drink more fluids.
- Call your caregiver if constipation is not relieved.

SEEK IMMEDIATE MEDICAL CARE IF:
- Increased bleeding (more than a small spot) from the *vaginal area* (opening to the birth canal).
- Redness, swelling, or increasing pain in vaginal area.
- Development of abdominal pain or pain which is getting worse rather than better.

- Pus coming from wounds.
- An unexplained temperature over 101º F (38.3º C) (orally).
- A foul smell coming from your vaginal area.
- Development of lightheadedness or feeling faint.

Document Released: 03/16/2010
ExitCare® Patient Information ©2011 ExitCare, LLC.