

## Post Operative Instructions

Congratulations, you have successfully completed your pelvic surgery and are on the road to recovery. Although we specialize in minimally invasive surgery, remember it is still surgery and your dedication to the recovery process plays a vital role in the continued success of your surgical treatment. Shortly after your surgery, you may feel completely normal; however, it is possible to follow the recommended restrictions to ensure a full recovery with the best possible outcome.

It normally takes about 8-12 weeks for the tissues that were operated on to heal 80% of their pre-surgical strength, 6 months for a 90% wound healing and 1-2 years for complete wound healing. After surgery, it is normal to have fatigue that may last for 4 to 6 weeks and some days may be better than others. We ask that you follow the specific instructions listed below:

### Activity:

- Restrict activities for \_\_\_\_\_ weeks after surgery.
- No heavy lifting. Only lift items that are less than \_\_\_\_\_ pounds.
- We encourage walking and there are no restrictions on the amount of walking.
- You can walk up stairs but may feel fatigue and need to limit the number of trips.
- Do not place anything in the vagina (sexual intercourse, tampons or douching).
- No tub baths, Jacuzzis, or swimming. Showers are OK.
- No driving while on narcotic pain medications.
- If you have small strips of tape on your abdominal incisions that have not fallen off, you may remove those 7 days after surgery.
- We frequently use dissolvable sutures in the vagina that may cause vaginal discharge and will resolve in 4-6 weeks after surgery.

### Medications:

- If you go home with a catheter, take the prescribed antibiotics until the catheter is removed to prevent infection.
- Use stool softeners, Colace 100mg tablets 1-2times daily, to prevent constipation that is common after surgery. Avoid straining with bowel movements.
- If you have not had a bowel movement 3-5 days after surgery, take Miralax, a non stimulating laxative, available over the counter.
- Resume all of your prior medications. We will advise you of any necessary changes.

### Follow up appointments:

- If you go home with a catheter, please call the office at [202-877-6526](tel:202-877-6526) to schedule a “voiding trial” 3 days after surgery.
- To schedule post-operative visits 2 weeks and 8 weeks after surgery, call [202-877-6526](tel:202-877-6526).
- If you are participating in a research study, you may have additional post-op visits.

### Call the Doctor immediately if:

- Fever with a temperature over 101° F.
- Nausea, vomiting, increasing abdominal distention, and an inability to drink fluids.
- Heavy vaginal bleeding (greater than a period, light bleeding is normal for 1-2 weeks).
- Excessive or increasing pain that does not respond to prescribed medications
- Problems with your wound (drainage, redness)