



Post Operative Vaginal Surgery Instructions

PV Sling. Cystocele. Colpopexy. Paravaginal Defect Repair.

Please read the following instructions. They are intended to make your recovery as quick and complete as possible.

ACTIVITY – *After resting for the first 72 hours*, you may begin with light activity as you can tolerate it. Do not lift anything heavier than a gallon of milk. If you notice worsening vaginal bleeding then minimize all activities until bleeding improves. For patients with bladder repair (cystocele) you may not drive for 2 weeks.

WOUND CARE – After 48 hours, you can shower but may not take a bath or swim for an additional 10 days. Expect menstruation like bleeding for the first several days after the procedure. Use panty liners or mini pads until vaginal bleeding stops. No sexual activity and no use of tampons until follow up appointment with the surgeon.

FLUIDS – It is important that you stay well hydrated. Try to drink 1 glass of water every other hour, while awake, for the first 2 weeks.

URINE – You may have blood in your urine and you can expect burning, pressure and/or pain upon urination and urinary frequency for several days. This should clear with increasing your fluid intake. If you have a catheter in place, it is normal to have the urge to urinate. Please review your *Catheter Care Information* sheet that was provided to you. Remove the catheter as it was instructed by nurse or surgeon.

MEDICATIONS – Take prescribed medication as directed. Be sure to take a stool softener for 2 weeks. You should limit your narcotic pain medication use after the first 2-3 days. Motrin can be used after 48 hours post procedure in place of narcotic pain medication. Take all of your normal medication unless otherwise instructed (for example: do not restart blood thinning medication unless you have spoken to the surgeon first).

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NOTIFY YOUR UROLOGIST IF: (908) 751-5939

1. You have thick, excessive, bright red blood vaginally or in your urine.
2. You have pain and/or nausea that is not relieved by your prescription.
3. You have a temperature above 100.5.

Your follow up appointment is:

(Schedule for 10-14 days post procedure)

5 Walter Foran Blvd. Suite 4001
Flemington, NJ 08822

Phone: 908-751-5939
Fax: 908-751-5938