

## Anterior / Posterior Repair

### HOW MUCH ACTIVITY CAN I DO AFTER SURGERY?

*it is very important to limit how much you lift for the first 8 weeks following surgery. If you start lifting more than the recommended amount, you can pull your stitches and "undo" what was done during your surgery.*

- No driving while taking narcotic pain medications or if you do not feel strong enough to stop the car in an emergency.
- Gradually advance your activity. You should NOT be bedridden after your surgery. Walking is encouraged.
- No strenuous exercise or activity for 8 weeks.
- No lifting more than 5 pounds for 8 weeks.
- No vacuuming for 8 weeks.

### WHEN CAN I RESUME SEX?

- Intercourse should be avoided for 8 weeks.
- Your doctor will clear you for pelvic activity at your 8-week postoperative visit.
- Nothing in the vagina for 8 weeks (tampons or douching etc.)

### WHEN CAN I TAKE A SHOWER?

- You may shower at any time after surgery. Tub baths should be avoided for 4 weeks.

### HOW LONG WILL I HAVE BLEEDING AFTER SURGERY?

- It is normal to have red, light pink, dark red or even brown discharge for up to 3 weeks after surgery.
- If you experience heavy bleeding that is enough to saturate more than 2 pads in an hour, call the doctor.

### I HAVE CONSTIPATION, WHAT SHOULD I DO?

- Constipation should be aggressively avoided during your recovery to prevent straining that can compromise your surgical repair. You should be taking Senna with docusate (stool softener) at least once daily during your 8-week recovery. You should also drink a lot of water (minimum 64 oz daily) and eat a high fiber diet. If you find that you still become constipated, you may also increase your dose of Senna/docusate two tabs twice daily. You may also take **milk of magnesia, MiraLAX, or magnesium citrate.**

You will need an appointment

- 1 weeks after surgery
- 8 weeks after surgery

Call if you experience:

- Fever > 100.4 degrees
- Heavy vaginal bleeding (>2 pads/hour)
- Severe pain, not relieved by your pain medications
- Persistent nausea and vomiting
- Bad smelling vaginal discharge
- Inability to urinate

Monday-Thursday 9AM-4PM call 586-1717

After hours call 796-8913

### HOW SHOULD I MANAGE MY PAIN AFTER SURGERY?

- **Ibuprofen** 600 mg every 6 hours
- **Hydrocodone/acetaminophen** will be available for break through pain. You can take one to two tabs every 4 hours.

### I NEED TO URINATE BUT I CAN'T

Urinary retention is the inability to pass urine through the bladder. A very small number of patients will develop this problem due to the anesthetic used for the surgery. Most patients will have their bladder catheter removed immediately after the surgery. If you are sent home and are not able to pass urine, please go to the emergency room. A catheter will be placed to allow the bladder to drain while the swelling from the surgery goes down. The catheter will be removed several days later in the office. It is important to have this catheter placed to avoid injury to the bladder.