

HENDERSON & WALTON

WOMEN'S CENTER, P.C.

PELVIC FLOOR SUPPORT PROCEDURES

DISCHARGE INSTRUCTIONS

GENERAL:

The staff at Henderson and Walton is committed to ensuring that your post-operative experience is as comfortable as possible. Listed below are some instructions that will help promote healing and enhance your recovery period.

PAIN MANAGEMENT:

When you are discharged from the hospital, you will be given a prescription for pain medication. Some patients may or may not need this medication as it will depend upon your personal tolerance for pain as well as your tolerance for this type of medication. In an effort to better tolerate your pain medication, please make sure that you have eaten prior to taking. Most patients will find that if they take aspirin, Tylenol, or drugs similar to ibuprofen or naproxyn on a timed schedule for a few days, they will require much less of the prescribed medication. After 3 or 4 days, Tylenol and/or motrin should be sufficient to help manage your pain. In addition to pain medication, your physician may also recommend that you use prescribed estrogen cream. It is important to realize that all prescription medications should only be used as directed. **Should you experience any of the following symptoms after surgery, please notify your physician:**

1. Temperature greater than 101 degrees
2. Heavy bleeding
3. Complete inability to urinate

DIET:

You may resume a normal diet the day after your surgery. In the days following your surgery you should try to increase your intake of fluids, especially water and avoid the use of alcohol with prescribed pain medications.

CONSTIPATION:

There should not be a problem with constipation due to surgery or pain medications if you eat a well balanced diet. Here are some things that you can do to help prevent this uncomfortable problem.

1. Include roughage in your diet: fruits and vegetables-especially prunes, lettuce, and celery. Increasing dietary fiber such as bran cereals can also help.
2. Drink water daily.
3. You may use over-the-counter laxatives, milk of magnesia, mineral oil, or stool softeners if needed.

ACTIVITY:

Following this procedure, you will need to rest often for the first several days. You are encouraged to begin walking the day of surgery. By doing so, it will help prevent any surgical complications such as blood clots and pneumonia and will enhance your recovery process. Walking up and down stairs is allowed in moderation and is recommended that you refrain from any heavy lifting or strenuous work or activity during the recovery period. After surgery, you may notice that bladder function may seem a little sluggish or erratic. Sometimes running water or attempting to urinate in shower or tub may help with these problems. If you are unable to urinate or experience severe pain, please notify our office. We recommend that you not operate any equipment or drive a car for 1 week following surgery or while taking prescribed pain medications. It may require four to six weeks following your surgery before you are completely able to resume all of your normal activities. Recovery is progressive, and each day you will feel better.

BATHING:

Showering, bathing, and washing your hair are perfectly acceptable. Soaking in a warm bathtub twice a day, 15 minutes each time, the first week you are home will help to alleviate any discomfort and promote healing.

SEXUAL INTERCOURSE:

Avoid intercourse until your physician sees you at your post-operative appointment. Due to the risk of infection and bleeding, you should not douche or place anything into the vagina such as tampons.

RETURN APPOINTMENT:

At the time of your discharge, please call our office and make an appointment with your physician for four weeks after surgery or as directed by your physician. If you have any problems or questions prior to this appointment, please do not hesitate to contact our office at 930-1800.