

## Post Operative Guidelines PROLAPSE REPAIR SURGERY

1. You may have a vaginal loss for a few weeks. This may range from a watery loss to moderate bleeding but is usually minimal.
2. Please use pads and not tampons, for the first 2-3 weeks.
3. Please avoid intercourse for four to six weeks.
4. There are fine sutures in the vagina which will dissolve away over 1-3 weeks.
5. Avoid constipation. Use a mild natural laxative as necessary in the first few days, and drink plenty of water.
6. You may return to light normal daily activities and driving after 1-2 weeks but no vigorous exercise for six weeks.
7. No heavy lifting or straining for six weeks.
8. Shower as usual.
9. No swimming for the first 2-3 weeks.
10. You may take Panadol or Panadeine for pain relief.
11. If you experience any of the problems listed below, please ring me on 9776 6411 or 93871000 (pager).
  - Severe pain
  - Very heavy bleeding
  - Fever
  - Offensive vaginal odour
  - Difficulty passing urine, burning or pain on urination, or abnormal leakage of urine
  - Constipation
12. Please arrange a review appointment with me in about six weeks time.