



## **Reconstructive Pelvic Surgery POST-OPERATIVE CARE INSTRUCTIONS**

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Congratulations on having reconstructive vaginal surgery. It is now up to you to ensure that healing occurs properly by protecting the tissues and not allowing them to become stretched or pulled while they heal. For the next six to eight weeks, these instructions should be followed as carefully as possible. Please contact the office if you have any questions or would like clarification of these post-op instructions. You can call or email us at your convenience.

### **PLEASE REVIEW AND FOLLOW THESE INSTRUCTIONS**

Pamper yourself and take it easy, especially the first couple of days. Please be aware that you may experience pain, pulling, or discomfort in the vaginal and rectal area. You may spot blood or have vaginal discharge. You may notice passage of suture material. This is normal and will lessen within a few weeks. You may feel like you have to urinate or have a bowel movement even when your system is already cleared. This is not unusual during the early phases of healing and will resolve with time. If you are unable to urinate please call us right away. Wear a light pad for safety and keep your vaginal area clean and dry. You may bath or shower. Use soap and water and do sitz baths daily. A hand sprayer is helpful to keep discharge and debris from accumulating. If you had a laser procedure, clean off the whitish discharge many times each day.

For the first two weeks, you should relax and take it easy. Limit your activities to very light work or deskwork. No heavy duty household activities! This is a great time to catch up on your reading, television programs or other similar activities that you rarely have time for. You can walk up and down stairs (limit this activity) but avoid activities such as vacuuming, gardening, carrying heavy objects, lifting your children, moving furniture, or swimming.

Do not use a tampon or put anything into the vagina except the estrogen cream. Avoid vaginal sexual activity for the first 6 to 8 weeks. Start vaginal stretching exercises at 6 - 8 weeks post-op.

Take a vitamin every day for 3 months following surgery to ensure you have excellent nutrition. Use pain medications when you need it. Finish your antibiotics. Use your estrogen cream daily to aid in healing and regeneration of new skin. It is very important to take a stool softener to reduce the risk of straining during elimination. Use the following for stool softening: Milk of Magnesia (2 tsp by mouth, once a day), Colace (100mg by mouth, twice a day), Fibercon 2 tablets by mouth twice a day or Metamucil daily, Dulcolax suppositories as needed and Fleets Enema as needed. It is also very important not to strain these newly reconstructed tissues and to control any coughing aggressively with medications such as Robitussin DM or Phenergan with Codeine. Call us if you need a prescription called into your pharmacy.

Weeks 2 – 4 gradually increase your physical activities, but specifically you should still not lift heavy objects (one (1) gallon of liquid or more). Walking or strolling is acceptable – just no power walking, impact exercises, jogging or aerobics. You may now drive your car if you wish.

Weeks 5 – 8 gradually resume normal activities. If you are still sore or certain activities are still uncomfortable, wait an additional week or two before resuming. If you had laser resurfacing it may take weeks to months for normal coloration to come back. If you are bleeding more than expected, have an increased odorous discharge, have a fever, have increased puffiness of your labia or vulva, have shortness of breath or pain in your legs, or have any other concerns, please contact the office immediately.