



Discharge Instructions Following Pelvic Organ Prolapse Surgery

What to Expect Normally:

1. There will be mild to moderate discomfort in the area of the surgery for up to six weeks.
2. Vaginal discharge which may be accompanied by bleeding or spotting can occur for 4-6 weeks and may have a mild odor.
3. You may see sutures/stitches in the vaginal discharge
4. You may need to urinate (empty your bladder) more often. As long as you feel that you are emptying your bladder and do not have symptoms of a bladder infection, this frequency is normal (see next page for more information on bladder infections).
5. There may be bruising around your incisions.

General Instructions:

1. Gradually resume activities of daily living as your condition and energy level permits. Walking is good exercise.
2. Do not do any heavy lifting or straining (e.g. moving heavy furniture, carrying heavy groceries, shoveling snow) until you have been assessed at your 6 week postoperative visit.
3. Do not drive a car for 2 weeks or longer. You must be able to walk comfortably, and no longer be using pain medications in order to consider driving.
4. Empty your bladder at regular intervals (at least every 3-4 hours) and do not bear down when trying to urinate.
5. **When moving your bowels, try not to strain. Be sure to drink enough fluids (an average of 4-6 glasses of water/day), eat high fiber foods, and take Restorolax 17 gm in 8 oz of fluid daily.**
6. If you have had a posterior repair, it is recommended you use Sitz baths 2-3 times per day for 5-10 minutes. It is not necessary to add anything to the water. We recommend that you air dry the perineum (skin between the anus and vagina) using a hair drier on the cool cycle, or a dry towel.
7. No swimming or bathing for at least 3 weeks. Showering is fine.
8. Do not resume intimate relations until after your 6 week visit.



Things to watch out for:

Sometimes after surgery complications can occur. It is important to be aware of changes in your condition.

The following complications can happen:

1. *Bladder infection*: when a bladder infection develops you will experience burning when you urinate, experience frequent urination, feeling like you are not emptying well, and in some cases, a foul odor of the urine.
2. *Pelvic infection*: The symptoms of pelvic infection including a general feeling of being unwell, fever and abdominal or vaginal discomfort or pain, unusually heavy vaginal discharge. These symptoms may occur beyond two weeks of your surgery or be new in onset.
3. *Wound infection*: If your incision is infected, it will become reddened and sometimes hardened. You may also experience fever, nausea or vomiting. There is often also discharge from the incision which can have a bad odor.

If the above symptoms occur, please contact the office (613-729-7352). If these occurs after hours or on the weekend, or if you cannot reach us in the office, please proceed to the nearest Emergency Department.

Routine Prescriptions:

After your surgery, you will be using the following medications:

1. Acetaminophen (Tylenol®) and Ibuprofen (Advil®). These over the counter medications will help with pain relief. In addition, you may be prescribed a stronger narcotic medication (either Dilaudid or Morphine).
2. Restorolax® is a stool softener which will help you move your bowels more easily.
3. Premarin cream for some patients having had vaginal surgery for prolapse. This cream should be applied to the opening of the vagina 2-3 x per week.