

# Women's Clinic of Johnson County

5525 West 119th Street, Suite 200  
Overland Park, Kansas 66209  
913-491-4020  
Fax: 913-491-4725

Your post-operative instructions were created for you by the Women's Clinic of Johnson County to aid in your comfort and understanding of the recovery process. Our goal is to provide you with an excellent surgical experience. Thank you for choosing our health care team.

## **Post-Operative Instructions for Anterior and Posterior Repair**

Anterior and Posterior Repair are performed to correct bladder and rectal prolapse. They are sometimes performed in conjunction with a vaginal hysterectomy and/or incontinence procedures for urine leakage. Patients with prolapse frequently have poor or thin tissue that will stretch out with time. Because of this, you and your doctor may have elected to utilize mesh for your repair. Please refer to the website for the American College of Obstetricians and Gynecologists at <http://www.acog.org> for more information regarding procedures using surgical mesh.

### **Pain Control**

Please use the narcotic pain medication prescribed only as needed. Narcotics will increase constipation and can exacerbate pain with bowel movements.

It is important to take a stool softener, such as Colace, while taking narcotic pain medication such as Percocet or Vicodin. Please purchase a stool softener before your surgery.

You may take "over the counter" pain relievers that do not contain aspirin such as acetaminophen (Tylenol) or ibuprofen (Motrin or Advil). Do not exceed the daily recommended dose.

**If the pain is not relieved by pain medication, becomes worse or you have difficulty breathing, call our office.**

### **Nutrition**

You may resume the diet you had prior to surgery.

Drink 6-8 glasses of water daily.

### **Urinary Function**

For the first couple of days following surgery, you may experience discomfort with urination due to catheterization of your bladder during the procedure.

It is normal to have trouble initiating your stream for a few days after the procedure due to swelling.

**If you have persistent urinary urgency, pain with urination or inability to empty your bladder, please call our office.**

### **Bowel Function**

It is important to prevent constipation and straining during the healing of your posterior repair.

Your doctor has prescribed stool softeners, such as Colace, as well as a laxative, such as Miralax, to keep stools soft during the first four weeks after recovery.

**Please call our office if you are unable to move your bowels 48 hours after discharge.**

### **Activity**

You may gradually return to your normal activity after surgery. No vigorous exercise or activities that strain the incisions.

Wear loose fitting clothing with cotton underwear and a panty liner.

You should not do any heavy lifting, greater than 10 lbs, for 6 weeks after surgery or until cleared by your doctor.

Do not drive while taking prescription pain medication or if your level of discomfort could inhibit your ability to operate a motor vehicle safely.

You may shower the day after surgery. Do not soak in a bath tub for 6 weeks after surgery.

Use a spray bottle with warm water to cleanse after using the restroom until the site is healed (approximately 2 weeks).

### **Vaginal Bleeding and Discharge**

Light vaginal bleeding, spotting or brown discharge are common for up to 2 weeks after surgery.

**Note: If you have heavy, bright red vaginal bleeding soaking 1 pad or more per hour, call our office.**

### **Sexual Intercourse**

Avoid placing anything in the vagina for **8 weeks** (i.e. tampons, douching, and sexual intercourse).

### **Follow-up Appointment**

You should schedule a post-operative appointment at 2 weeks and at 6 weeks after surgery.

### **Call The Office If You Are Experiencing:**

- **A fever higher than 100.4 degrees F.**
- **Increasing pain not controlled by pain medication.**
- **Inability to eat or drink without vomiting.**
- **Shortness of breath.**
- **Inability to empty your bladder.**
- **Redness and tenderness at the incision site, or a large amount of drainage.**
- **Heavy, bright red vaginal bleeding, or foul smelling discharge. You can**

**expect to have a small amount of reddish-brown colored discharge for up to 2 weeks. Do not be alarmed by this.**

**If you feel that you need to be seen emergently, please go to the Emergency Department where your surgery was performed so that our physicians may care for you.**

**Any questions regarding your surgery or post-operative recovery should be directed to the staff at the Women's Clinic of Johnson County rather than your Primary Care Physician.**