



PELVIC ORGAN PROLAPSE REPAIR POSTOPERATIVE INSTRUCTIONS

- You can take a shower but do not take a bath for 8 weeks.
- You can eat your regular diet as tolerated.
- Take a stool softener 2x/day or Miralax daily for 4-6 weeks after surgery. You may continue this longer if you struggle with constipation. It is very important that you do not push or strain with bowel movements.
- You will be given pain medication following surgery to use if needed. Narcotic pain medication is constipating and should be discontinued as soon as possible. After 1-2 days, begin alternating pain medication with ibuprofen 600 mg and then transitioning to only ibuprofen 600 mg or Tylenol every 6 hours.
- Do not drive for 24 hours after anesthesia or while taking narcotic pain medication.
- You are encouraged to walk. You may go up and down stairs slowly. You may find that you tire easily with minimal activity. Your energy will return over the course of 4-6 weeks.
- No strenuous activities, exercise, pushing/pulling, or lifting more than 10 lbs. for 8 weeks.
- Do not place anything in your vagina for 8 weeks. No sexual activity for 8 weeks.
- Vaginal bleeding/spotting or discharge is normal for up to 8 weeks.
- If you have a catheter in place, empty the bag as directed. You can use a leg bag during the day and transfer to a larger bag at night, so you will not have to get up in the middle of the night to empty the bag. If you would prefer, you can use the leg bag the entire time. It is not uncommon to have bladder spasms or a small amount of leakage of urine around the catheter.
- Notify your physician regarding any fever over 101°F, uncontrolled pain, inability to void for 6 hours, or increased swelling/foul discharge from the incision sites.

What if I have other questions regarding my procedure?

For general questions and follow-up appointment information, call The Urology Center of Iowa during regular business hours at **(515) 400-3550**.

For urgent issues after hours, call The Urology Center of Iowa and ask to speak to the provider on call. For emergencies, call **911** or go to the closest emergency room.