

## **POSTOPERATIVE INSTRUCTIONS FOR: PROLAPSE SURGERY: LAPAROSCOPIC OR VAGINAL**

### **DO:**

- Get up and walk regularly. It is important to keep your blood circulating. You should rest when you need to and then get up and move around for a few minutes. --Each day you should gradually increase your physical activity.
- Exercise your lungs and take deep breaths several times an hour while awake.
- Eat a healthy diet. Start with soups and light meals, then add high quality protein (eggs, chicken, meat, fish) and vegetables. Fresh fruits are good to add fiber and vitamins. Avoid heavy meals, especially at first.
- Empty your bladder regularly. Don't try to "hold it" for too long, especially at first.
- Take stool softeners, and laxatives as needed, particularly if you are taking pain medications.
- Take your temperature twice daily for the first 5 days, then after that if you are not feeling well. Call immediately (561-701-2841) for any fever of 101 or greater.
- Shower as needed. You may use soap and water even if you have incisions on your abdomen, it is okay to get them wet if you dry properly afterwards. Avoid tub baths unless instructed for the first 6 weeks.

### **DON'T:**

- Push yourself too hard the first few weeks. Increase your activity gradually.
- Lift heavy objects (if it feels heavy to you, it's too heavy, regardless of the actual weight) for 90 days. You should NOT strain for 90 days.
- Squat down. You may bend over at the waist if supporting your back with a counter or chair, but do NOT squat for 90 days.
- Get constipated! Avoid constipation at all costs!
- Drive for the first 3 to 5 days at least. Don't drive if you are taking narcotic pain relievers or if you are not completely comfortable with the seat and shoulderbelt on, manipulating the pedals and steering wheel without hesitation.
- Swim or take a tub bath for at least 4 weeks unless cleared by the doctor
- Have penetrative sex for at least 6-8 weeks (be sure you get the ok first at your postop check)

**COMMON SYMPTOMS:** Shoulder pain, bloating, swelling, mild nausea, vaginal bleeding (light to medium period for a few days). Your incisions may become firm, but if not red or painful it is not a danger sign. This is a normal part of the healing process. Mild urinary frequency or urgency is normal in the first few days but should subside. Vaginal discharge may have an odor, particularly like old blood, but should be reported if foul and associated with increasing pain or swelling.