

## POST-OP INSTRUCTIONS CYSTOCELE & RECTOCELE REPAIR

### **Activity:**

1. Limit stairs to once per day for two weeks.
2. Light activity only for two weeks.
3. No intercourse for six weeks.
4. Nothing per vagina for six weeks (except creams or antibiotic gel prescriptions).

### **Medications:**

1. Pain medications may be necessary for one to two weeks but only regularly for five days. After that, it will be necessary only a few times a day.
2. If you are prescribed vaginal cream then it is to be inserted every twelve hours for one week. Applicator should not be inserted all of the way, about fifty percent of the way so as not to disturb any sutures.
3. Stool softeners will be prescribed for a week to limit pain with bowel movements.

### **Other Instructions:**

1. Apply ice to perineum (external vagina) for twenty-four hours, then begin sitz baths one to three times a day as needed. Portable sitz baths are obtainable at medical supply stores or Walgreen's, or get in the tub filled with three to four inches of warm water, add Epsom Salts and open the drain. Keep the water circulating and flowing into the bathtub as it is draining. This is what makes it a "sitz bath."
2. Sit on a donut pillow to relieve pain to the bottom.
3. Rinse the perineum with water after each trip to the bathroom by pouring water from front to back while sitting on the toilet.

### **Things to Know:**

1. It is normal healing to feel pulling and tightening in the area.
2. It may be difficult to start and stop the stream of urine. Relax and run the water while you are on the toilet and take your time.
3. Bleeding (less than a period) is normal after these procedures for one to three weeks. Please wear a pad, no tampons.

### **Worry Signs:**

Call the office or exchange in case you experience any of the following:

1. In case of extreme pain in the area or increase in pain after pain meds.
2. Bleeding more than a period.
3. Swelling or abscess formation that occurs over a short period of time.
4. Fever greater than 100.4° for over an hour.
5. Redness that spreads quickly around the area.
6. Inability to urinate for greater than six hours.
7. Inability to have a bowel movement for more than three days.