

Post-Operative Instructions for Patients Who Have Undergone Vaginal Surgery

You have recently undergone vaginal surgery. After the catheters and bandages have been removed, you are still in the healing process. It takes several weeks for bladder function to return to normal. Therefore, it is common for patients to experience symptoms of urinary frequency and urgency and some milk leakage for some time after surgery. If these problems are extensive and bothersome, please contact our office.

Common Post-Operative Symptoms

- **Vaginal Drainage or Discharge:** Discharge may occur for several weeks after surgery. It is normal to have a small amount of spotting of blood. If the drainage is thick, yellow or green, or has a bad odor, it may indicate infection and you should notify the office. At times you may notice small sutures in your pad or underwear. These sutures are absorbable and this is part of the healing process.
- **Urinary Urgency, Bladder Spasms, Bladder Pressure:** These symptoms are part of the healing process after surgery. If you experience these symptoms in addition to burning with urination, please contact our office.
- **Constipation or Pain with Bowel Movements:** This may be common after surgery. You may take over-the-counter stool softeners including Dulcolax[®] or Metamucil[®]. We also advise drinking plenty of water. The spasms usually take a few weeks to subside, as does the return of normal bowel movements.

Post-Operative Restrictions

- **Showering and Bathing:** You may remove the dressing prior to taking a shower and replace it with a clean dressing after the shower. Do not take a tub bath unless indicated by your physician. Submerging the incisions under water may not allow optimal healing.
- **Diet:** You may resume a regular diet.
- **Lifting:** Do not lift anything greater than 10 pounds until approved by your physician.

- **Exercise:** Do not engage in high impact exercise for at least 6 weeks after surgery.
- **Return to Work:** You may return to work when you feel up to it. Generally, this will be 2 to 4 weeks after your date of surgery.
- **Sexual Activity:** Do not engage in any sexual activity or place anything in the vagina for 6 weeks from the date of surgery. Use water soluble lubricants for a short time when you resume sexual relations. If you experience discomfort, this will likely improve with time, but if it continues, you may report it to your physician.
- **Driving:** You must not operate a vehicle when you are on narcotic pain medication.

When Should I Call the Doctor?

Please call your physician immediately if you experience any of the following symptoms:

- Vaginal discharge with an odor
- Bright red vaginal bleeding larger in quantity than a menses
- Temperature greater than 101.5 °F (38.5 °C)
- Persistent vomiting
- Pain not alleviated by prescription pain medication

You may reach our office at 310-794-0206.