
VAGINAL SURGERY CARE AFTER SURGERY

Please read the instructions below. Refer to these instructions for the next few weeks. These instructions provide you with general information on caring for yourself after surgery. Your caregiver may also give you specific instructions. While your treatment has been planned according to the most current medical practices available, unavoidable problems sometimes happen. If you have any problems or questions after you leave, please call your caregiver.

CONTACT INFO:

- If it is during business hours (8:00 am - 4:00 pm), please call the office: **213-742-6400**
- If it is after business hours or on a weekend, please call **213-742-6400** and the operator will be able to assist you and contact the physician.

FOLLOW UP APPOINTMENT:

-One month after post surgery as previously provided to you in the office or earlier if instructed by the physician.

WHAT TO EXPECT:

- You may have vaginal bleeding or spotting for up 4 weeks after surgery.
- You may have some pelvic cramping or pain for 4-6 weeks after surgery.
- Healing will take time. You will have discomfort, tenderness, swelling, and bruising at the operative site for a couple of weeks. This is normal and will get better as time goes on.

ACTIVITY:

- **Nothing in the vagina for 12 weeks - no sex, tampons, douching.**
- Showers are okay, do not soak in a tub or pool for **12 weeks**.
- **No heavy lifting more than 15 pounds** and strenuous activity for **6 weeks or as your doctor instructs**.
- Do not drive for the first 24 hours after surgery or while taking narcotic pain medications (such as Percocet, Vicodin).
- You may eat a regular diet. Take stool softeners such as Colace, Milk of Magnesium, Miralax as needed.
- Drink lots of fluid daily after surgery.
- Take your temperature daily and call your doctor if you develop a fever > 100.4 F or 38 C
- Try and have someone help you at home for at least the first 24 hours, the first week after surgery if possible.
- You may return to work as instructed by your doctor.

WOUND CARE:

- If you have any incisions, you may shower with the incision(s) uncovered. Pat dry and keep the area dry afterwards.
- You may go home with a bladder catheter. Please schedule a nurse GYN visit in 7-10 days for



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repeat voiding trial.

PAIN MEDICATIONS:

- Take pain medications as prescribed.
- **Avoid aspirin.** It can cause bleeding.
- **Do not drive** when taking narcotic pain medications.
- Narcotic pain medications can cause constipation. Take stool softeners such as Colace, Milk of Magnesium, Miralax as needed.

CALL YOUR DOCTOR IF:

- You develop heavier vaginal bleeding or abnormal vaginal discharge.
- You have pain, redness, and swelling from the IV site.
- You feel dizzy or feel like fainting.
- You develop pain or bleeding when you urinate.
- You develop nausea, vomiting, or diarrhea.
- You develop a rash.
- You have any type of abnormal reaction or develop an allergy to your medication.
- You need stronger pain medication for your pain.

SEEK IMMEDIATE MEDICAL CARE:

- You develop a temperature of 100.4° F (38° C) or higher.
- You develop abdominal pain.
- You develop chest pain or shortness of breath.
- You pass out.
- You develop pain, swelling or redness of your leg.
- You develop heavy vaginal bleeding with or without blood clots soaking > 1 pad per hour.

CATHETER CARE (IF APPLICABLE):

-If you have difficulty voiding after the surgery or if your doctor feels it is best, you may be sent home with a catheter. If so, rest assured that this is a short-term problem. You will be given a leg bag and a large overnight bag on discharge and the appropriate education to care for both catheters. You may shower with the catheter in place. Please call the office to schedule a time to come in within a few days after surgery to have the catheter removed.