

 **Post operative instructions for Pelvic Floor Surgery**

**In general, during the first 2 weeks post operatively, you should concentrate on plenty of rest.**

\*\*Once arriving home try to sit up in a chair for meals. Take a short walk in or around your home at least every 2 hours while awake. Have a family member or friend walk with you for the first day.

\*\*Limit prolonged standing, sitting, walking, and avoid any strenuous activity.

\*\*Do the deep breathing exercises every 2 hours while awake the first 2 days post op.

\*\*Even if you are not hungry, try to eat healthy foods. It is important for your recovery. Protein and vitamin C are good for the healing process.

\*\*Shower or wash up each day but no tub baths.

\*\*If you needed to go home with a Foley catheter, care instructions will be provided. In some cases home health care has already been arranged and the nurse from the agency will contact you directly.

\*\*Take your temperature 3 times a day and call the office if you have a fever of more than 100.4.

\*\*Due to stitches dissolving and loosening, bleeding and vaginal discharged my increase about 7-10 days after surgery.

\*\*Use Colace stool softeners twice daily until normal bowel function resumes. You would typically expect he bowel function to resume in the first few days following surgery, although minor laxatives may be required. If you have **NOT** had a bowel movement within 48 hours after surgery, you will need to use the Dulcolax rectal suppository. Please contact the office if you are having problems with constipation.

\*\*You may take pain relievers as needed, either by prescription or over the counter medications such as Aleve or Advil, etc. Remember, though, taking pain medications will make you constipated, so using the over the counter medications in between taking the prescribed medications is advisable.

\*\*Contact our office at 941-330-8885, if you have any concerns regarding your post operative care.