

## **Post-Operative Instructions**

### **Anterior &/or Posterior Repair for Bladder or Rectal Prolapse**

*Sarpy County OB/GYN, P.C.*

An anterior repair corrects bladder prolapse. A posterior repair corrects rectal prolapse. If you are scheduled to have one of these procedures, it may be done in conjunction with a sling (to correct bladder leakage) or with a hysterectomy.

Patients with prolapse frequently have poor tissue that will stretch out with time (hence the reason they prolapsed in the first place....) It is for this reason that a mesh (either synthetic or biodegradable) will most likely be used to help keep the repair in place. Your doctor will discuss the type of mesh he/she thinks is best for your situation. Please also refer to the website for the American College of Obstetricians and Gynecologists at [www.acog.org](http://www.acog.org) for more information regarding the procedure as stated above as well as risks/benefits.

1. It is normal to have a light pink to dark red discharge for 2-3 weeks.
2. As you resume your usual activities, expect to tire easily. It is okay to become tired, but avoid becoming exhausted.
3. Limit your activities for at least 6 weeks:
  - No lifting of more than 5-10 lbs.
  - No vacuuming
  - No strenuous activities or exercises
  - No driving for 1 week (you may ride in a care for a short trip)
  - Walk up and down steps one step at a time
4. Regular walks are encouraged.
5. Bathe or shower as preferred.
6. Resume your medications as ordered.
7. Nothing in the vagina (no sex, tampons, or douching) until your follow up exam reveals complete healing (usually in 6 weeks).
8. Wear loose clothing and cotton underwear with a panty shield or pad for comfort
9. Report any of the following:
  - a. Foul smelling drainage from the vagina
  - b. Heavy vaginal bleeding, saturating 2-3 pads in 1 hour
  - c. Fever by thermometer over 101 degrees F within 24-48 hours
  - d. New symptoms such as nausea, vomiting, constipation, abdominal swelling or severe pain
  - e. Inability to urinate
10. It takes from 4-6 weeks to feel completely recovered. This is normal.
11. For after hours, call: 898-8500.
12. First post-operative check is usually at 2 weeks.

Please note: it is very important to limit how much you lift for the first 6 weeks following surgery. If you start lifting more than the recommended amount, you can pull your stitches and “undo” what was done for your surgery.