



VAGINAL REPAIR POST-OP INSTRUCTIONS

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1) **DISCHARGE MEDICATIONS:** _____

2) **ACTIVITY INSTRUCTIONS:**

- a) NO LIFTING GREATER THAN 10 #'S (GALLON OF MILK)
 - b) NO PUSHING, PULLING, OR TUGGING OF ANYTHING
 - c) NO DRIVING FOR 14 DAYS AFTER SURGERY
 - d) PELVIC REST (NO SEX, TAMPONS OR DOUCHING) X 6 WEEKS
 - e) NO EXERCISING OTHER THAN NORMAL PACE WALKING
 - f) SWIMMING (POOL) AND BATHING IS OKAY
 - g) MIRALAX 17 GM DAILY
 - h) DRINK 6 LARGE GLASSES OF WATER A DAY
 - i) MINIMAL STRAINING TO VOID OR HAVE BOWEL MOVEMENT
- FOLLOW ABOVE INSTRUCTIONS PRECISELY TO INSURE SUCCESS*

3) **WARNING SIGNS:**

- a) BLEEDING LIKE A PERIOD OR HEAVIER
 - b) FEVER GREATER THAN 100.4 DEGREES
 - c) GREEN OR YELLOW VAGINAL DISCHARGE
 - d) VAGINAL DISCHARGE WITH FOUL ODOR
 - e) MODERATE TO SEVERE CONSTIPATION
 - f) BURNING/STINGING ON URINATION OR BLOOD IN URINE
 - g) URINARY RETENTION (UNABLE TO URINATE)
 - h) NAUSEA AND VOMITING OR INCREASED ABDOMINAL PAIN
- IF ANY OF THE ABOVE OCCUR CALL (318) 212-7840 ANYTIME*

4) **EXPECTATIONS:**

- a) MAY PASS SUTURE THROUGH VAGINA 1-2 WEEKS POST-OP
- b) WOUND "GLUE" ON VULVA WILL FALL OFF IN ~ 1 WEEK
- c) SPOTTING FOR 1ST 7-10 DAYS
- d) CLEAR TO WHITE DISCHARGE FOR 4-6 WEEKS AFTER SPOTTING
- e) MILD CONSTIPATION OR CHANGE IN BOWEL HABITS
- f) MAY USE MILK OF MAGNESIA (2 TBSP'S) FOR ACUTE CONSTIPATION
- g) STRAINING MAY CAUSE URINATING TO BE MORE DIFFICULT

5) **FOLLOW UP VISIT:**

- a) POST-OP VISIT APPOINTMENT: _____

6) **DIRECT ANY ROUTINE QUESTIONS TO OUR OFFICE**

MONDAY THRU FRIDAY 8 A.M. TO 5 P.M. (318) 212-7840