

VAGINAL SURGERY

INSTRUCTIONS FOR GOING HOME



the women's
the royal women's hospital
victoria australia

This information is for women having vaginal surgery at the Women's to treat prolapse.

Your hospital stay

After vaginal surgery, most women will stay in hospital for three to four days. You will usually be ok to go home after you are feeling well and able to pass urine with no problems.

After you go home

It is important to rest after the operation and allow the area to heal.

For the first two weeks

- Restrict your activity.
- Rest as much as possible.
- Vaginal loss will be like a light period for 2-3 weeks and can range from pink, red, to brown.

For the first two to six weeks

- Keep your activity light and easy.
- Avoid heavy lifting (nothing heavier than four kilograms), including shopping bags, washing baskets and children.
- Avoid playing sport, swimming and impact exercises such as jogging or jumping for four weeks.
- You may have a sudden, moderate vaginal loss in the first eight to ten days, which should then stop.
- Intermittent light spotting can occur for up to 6 weeks
- Stitches will fall out in about 4-8 weeks. These do not need to be removed.
- Abstain from sexual intercourse.

You may

Drive a car after two weeks; however, check this with your car insurance provider.

Maintain good bowel habits

- Try to drink at least 1.5 litres of fluid each day.
- Maintain a healthy diet.

Pain relief

- We suggest that you take paracetamol (such as Panadol) every six hours for two weeks
- Some stronger pain medication containing codeine or opiates are constipating.
- Ensure you take some time each day to rest.

Informed consent

This Patient Information contains detailed information about the surgery. Its purpose is to explain to you as openly and clearly as possible the procedures and risks involved before you decide whether or not to proceed.

Please read this Patient Information carefully. Feel free to ask questions about any information in the document. You may also wish to discuss the surgery with a relative or friend or your local health worker. Feel free to do this.

Once you understand the surgical procedure and risks and if you agree to proceed, you will be asked to sign the Consent Form. By signing the Consent Form, you indicate that you understand the information and that you give your consent.

You will be given a copy of the Patient Information to keep as a record.

Your surgeon will be happy to answer any questions you have and can give more specific advice.

If you experience complications after you leave hospital, contact your local doctor or attend your closest hospital emergency department.

For more information and advice

Urogynaecology Pelvic Floor Service

Continence Nurse Advisor

The Royal Women's Hospital

T: (03) 8345 2000

Disclaimer: The Royal Women's Hospital does not accept any liability to any person for the information or advice (or use of such information or advice) which is provided in this fact sheet or incorporated into it by reference. We provide this information on the understanding that all persons accessing it take responsibility for assessing its relevance and accuracy. Women are encouraged to discuss their health needs with a health practitioner. If you have concerns about your health, you should seek advice from your health care provider or if you require urgent care you should go to the nearest hospital Emergency Department. © The Royal Women's Hospital, May 2018