



## SURGERY CENTER

Phone: (224) 612-7000

# CYSTOCELE AND RECTOCELE DISCHARGE INSTRUCTIONS

### WHAT TO EXPECT

- Blood in the urine and slight burning on urination is normal. If you are discharged with a foley catheter to drain your bladder, a nurse will teach you how to take care of it at home.
- Expect vaginal discharge with blood for 4-6 weeks as the vaginal sutures dissolve. Use pads as needed.
- You may have very small wounds in the inner thigh near the groin. Skin glue on these incisions will dissolve.
- The vaginal area, tail bone and buttocks will have the most soreness and discomfort. The pain in the tail bone can last several weeks and be worse in the upright sitting position. The rectocele repair will hurt more and longer than the lifting of the bladder. Reposition your body as needed for relief.

### ACTIVITY INSTRUCTIONS

- Anesthesia takes **24 hours** to wear off. No driving/operating heavy machinery during this time.
- Please REST and take it easy after surgery. Anesthesia can make you feel light headed and dizzy.
- It is ok to shower the day after surgery. No submerging in tub baths, pools, hot tubs for 4-6 weeks.
- Increase your daily activity and exercise gradually as tolerated.
- Avoid strenuous activity or heavy lifting (greater than 10-15 pounds) for 4-6 weeks or until cleared.
- No sexual activity for at least 4-6 weeks and until pain free. Please consult your doctor on timing.

### DIET INSTRUCTIONS

- Eat a light meal after surgery as anesthesia can make you nauseous. Nothing greasy or spicy.
- Resume your normal diet as tolerated.
- Increase your fluid intake and hydration (preferably water) over the next week. This will help clear up your urine quicker and prevent blood clots.

### MEDICATIONS

- Take Tylenol (500 mg every 6 hours) as directed for any pain or discomfort.
- If you were prescribed a narcotic medication for more severe pain, please take only as needed and do not drive while taking as it can cause confusion, drowsiness and constipation. Over the counter stool softeners are available if needed.
- If you were prescribed an antibiotic, please take as directed until finished.

### CONTACT YOUR DOCTOR'S OFFICE IMMEDIATELY IF YOU EXPERIENCE THE FOLLOWING:

1. Fever greater than 100.6F, severe chills, continued nausea or vomiting
2. Severe pain that doesn't go away with pain medication
3. Excessive vaginal bleeding (saturating a pad in less than 2-3 hours)

*Please go to your nearest Hospital Emergency Department if you experience chest pain, difficulty breathing, or other emergency signs or symptoms.*



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4. Inability to urinate

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**FOLLOW UP**

- Call your doctor's office to schedule a follow-up appointment (if not already scheduled).

**\*If you have any questions or concerns regarding your surgery (even after business hours or over the weekend), PLEASE CALL THE 24 HOUR ON CALL NURSE at 224-612-7000.**

*Please go to your nearest Hospital Emergency Department if you experience chest pain, difficulty breathing, or other emergency signs or symptoms.*