

## POST OPERATIVE INSTRUCTIONS

### *Procedure: Pubovaginal Sling – Cystocele /Rectocele Repair*

- Please call our office for a follow up appointment with our **Nurse** in 3-4 days for your foley catheter removal (623) 512-4390.
- Please call the office for an appointment in two (2) weeks for your post operative appointment (623) 512-4390.
- You will be discharged home with the foley catheter in place. The nurse should teach you how to work with the catheter. You may use a large bag for resting in the house, and may use a leg bag for activities outside the house (if necessary).
- You may shower, but **DO NOT** take baths. (Water can run into the bladder around the catheter).
- You should only perform light activities. **DO NOT** lift anything greater than 10 pounds.
- You should rest, but I do recommend taking short walks around the house or neighborhood.
- No sexual activity for 6 weeks.
- You have been given 3 prescriptions (Levaquin, Colace, and Vicodin ES). Levaquin is an antibiotic to be taken once a day for 7 days to prevent infection. Colace is a stool softener, which is to be taken 2 times per day to prevent heavy straining during a bowel movement. Vicodin ES is a pain medication. You should take this medication only if you are having severe pain. Otherwise, I recommend taking Extra-Strength Tylenol.
- Please call the doctor if you experience severe bleeding with large clots in the vagina, fever greater than 101 degrees, or severe pain. Otherwise, mild pain and discomfort is expected. A small vaginal discharge is also expected. This discharge may last for 3-4 weeks.

Updated: 1/11/2010