

**Urogynecology &
Pelvic Health**

Pre-Operative Instructions for Reconstructive Surgery

- Start pre-operative bowel prep the night before surgery. You will need to be on a liquid diet the day before surgery. Instructions are included in this letter.
- Nothing to eat or drink after midnight the night before surgery.
- Perform vaginal douche for 3 nights prior to surgery. Instructions are included in this letter.
- Stop all blood thinning medications such as Aspirin, Elmiron, Ibuprofen, Aleve, St. John's Wort and Vitamin E two weeks prior to surgery.
- Stop all weight loss supplements (including phentermine) one week prior to surgery.
- Notify our office if you are on Coumadin (Warfarin), Heparin or Plavix so we can coordinate with your physician.
- Take your routine medications the morning of surgery with a sip of water unless otherwise instructed by anesthesia personnel at your pre-op appointment.

Post-Operative Instructions for Reconstructive Surgery

- You may go home from the hospital with a catheter in place. You might experience bladder spasms and leaking around the catheter. If you have troublesome spasms, please call our office and we can give you medication to calm these spasms. You will return to clinic one week post-op for catheter removal and a voiding trial. If you have an opticon valved catheter (the kind with no bag) please do not empty your bladder less than 2 hours prior to your appointment to have it removed.
- In early post-operative period, it is not important to eat a lot, but it is vitally important that you drink plenty of non-alcoholic, non-caffeinated fluids. If you are unable to tolerate fluids because of nausea and vomiting, you need to contact us or go to the emergency room for evaluation. Some nausea is common, but you should be able to hold fluids.
- If you need to go to the ER for any reason after surgery, go to the closest ER to prevent delaying care.
- Post-op vaginal bleeding is normal and may occur for up to 6 weeks. Call our office if you are saturating a thick maxi pad every hour or more frequently.
- Call the office if you develop a brown or green, watery, odorous discharge as this may be a sign of a vaginal infection. Call the office if you have a fever greater than 100.4.
- No lifting greater than 5 pounds (equivalent to ½ gallon of milk) for 3 months. Avoid lifting laundry.
- No pushing, no pulling, no tugging and no bending for 3 months. This includes no vacuuming.
- Limit stair climbing to once a day. If you must use stairs, walk slowly and deliberately.
- Nothing in the vagina for 6 weeks, including sexual intercourse.
- Avoid tub baths or sitting in water such as a swimming pool for 6 weeks.
- No driving for 2 weeks or until you stop pain medication.
- Post operatively you will be given an anti-inflammatory such as Motrin or Celebrex. Please take this for 2 weeks post operatively even if you are not taking narcotic pain medication. You will also be given a prescription for narcotic pain medication such as Percocet or Mepergan. Remember that narcotics can be constipating and can cause drowsiness or nausea.

*****If you want to use a different pharmacy other than what we have on file, please let us know before your surgery date. Once the controlled medications have been sent in, we will be unable to send them to a different pharmacy*****

If changes need to be made, please call 615-284-4664, option 2 to reach the nurses.