

VAGINAL REPAIR and/or VAGINAL HYSTERECTOMY

If you are taking aspirin or fish oil please cease this 10 days prior to surgery.

ITEM NUMBERS

ANTERIOR REPAIR:	35570	PERINEORRHAPHY:	35571
POSTERIOR REPAIR:	35571	DEBULKING:	35658
ANTERIOR + POSTERIOR REPAIR:	35573	EXCISION OF MESH:	30067
VAGINAL HYSTERECTOMY:	35657	CYSTOSCOPY:	36812
CYSTOSCOPY WITH URETERIC CATHETERS:	36818		

You will be in hospital for 1-4 days depending on the type of repair.

ON DISCHARGE

Post operatively you may experience a moist vaginal discharge for 8 weeks. This will initially be pink/brown in colour, then may become clear, white or yellow in colour. This is provoked by the wound and by the presence of suture material in the vagina. It is entirely normal and does not indicate infection.

After 3-4 weeks the vaginal stitches start to dissolve, there may be a change in the type of discharge and a small amount of blood may be released from under the suture line. This is not cause for alarm. Please telephone if the loss is heavy or persists for more than a few days.

If you are on vaginal estrogen preparations such as Ovestin or Vagifem, it is safe to restart these after 3 weeks. If insertion is uncomfortable, wait another week or two.

You may experience constipation post operatively. It is best to avoid straining, so drink plenty of fluids and add fruit and fibre to your diet. If required, useful laxatives are Lactulose, Movicol or Nulax or Glycerine suppositories may be used. Please use only stool softeners and avoid anything too harsh. All of these medications can be purchased without a prescription from any pharmacy. A post op appointment will be made for you approximately six weeks after your procedure.

RESUMPTION OF ACTIVITIES

You can drive again after 2 weeks however, check this with your insurance provider. Keep in mind you must have full use of your reflexes and you must be able to perform an emergency stop with no hesitation. If pain will inhibit then don't drive.

You should avoid straining for four weeks. If you can lift something without thinking about it (such as a full kettle) it is safe to do so. If you have to brace yourself and hold your breath to lift something, such as a bag of potting mix, DON'T. Walking and cycling can be resumed immediately, swimming after 3 weeks and aerobics after 6 weeks.

Intercourse can be resumed after 6-8 weeks.

You will require 1-6 weeks off work depending on the type of job and which procedure you have had.'

If after your discharge from hospital you experience grave concerns, at any time, always call the Rooms on 9389 5065 and you will be directed to the appropriate contact number.