

DISCHARGE INFORMATION

DR RANA

Vaginal hysterectomy and/or vaginal prolapse surgery

- You may experience some pain in your vagina, pelvis and right buttock. All stitches are self-dissolving and do not need to be removed.
- Simple analgesia eg: Panadol or Nurofen can be taken for pain relief. It may be best to take something before the pain becomes too severe.
- Do not get constipated, please use regular Lactulose/ Movicol for 6 weeks after the procedure.
- You can shower normally but do not take a bath for the first 4 weeks.
- Dry the wound area by blotting with a clean towel, do not rub the wound.
- Light vaginal spotting is normal following surgery for 7-10 days. Please contact the hospital/ Dr Rana if you have heavy vaginal bleeding.
- If you think your wounds may be infected, (offensive discharge) please contact Dr Rana's rooms or your own GP.
- Commence **Pelvic floor exercise** soon after your surgery (8-10 times a day): TIGHTEN the ring of muscle around your back passage (anus) as though preventing a bowel movement or wind escaping, and then TIGHTEN the muscles around your front passages, LIFT them up inside, HOLD, and then...RELAX slowly. Remembering to keep your buttocks and thigh muscles relaxed. Breathe normally throughout.

Do's and Don'ts for the first 6 weeks

Do's

- Walking – up and down staircase
- Standing for up to 30 mins
- Return to work –
 - for a desk job after 3-4 weeks
 - for manual lifting after 6 weeks
- Driving can be commenced after 2-3 weeks, but don't lift heavy shopping bags for 6 weeks.

Don'ts

- Weight lifting (more than 5Kg) for 6 weeks
- Intercourse (sex)
- Tampon use (only pads for 6 weeks)
- Gym, weights
- Swimming

If you have any other concerns following your surgery, please contact:

DR RANA – Telephone Number: (07) 49656565
Mater Hospital After Hours Service: (07) 49655455