



Mercy Health
Care first

Your important health information

Following continence or vaginal surgery

Managing pain and medications

- It is normal to be sore after your surgery.
- You can take pain relief medications as prescribed or directed.

Physical activity

- You must rest and allow healing after surgery. You can gradually go back to your normal activities.
- Do not lift anything heavy for up to 6 weeks. This includes shopping bags, washing baskets, children and anything more than 5kg.
- Do not have sexual intercourse until after your post-surgery appointment.
- Do not use tampons or place anything in the vagina for 6 weeks.
- Do not play sport, exercise or do heavy housework for 6 weeks. Walking is allowed. Start gently and gradually increase your speed and distance.
- Do not drive until you are no longer taking any strong pain medication or as directed by your doctor or insurer.

Hygiene and wound care

- There are stitches in your vagina that will take 4-6 weeks to dissolve.
- You can have vaginal loss for 2-4 weeks after vaginal surgery and need to use a pad. This will lessen each day.
- Avoid pools, spas and baths until your vaginal discharge has stopped. Showering is best.

Bladder and bowel function

- Drink 6-8 cups of fluid each day. Water is best.
- Eat a high fibre diet that includes fruit and vegetables.
- Avoid codeine based pain relievers as they can constipate you.
- Bowel motions must be soft and easy to pass. Do not strain. You can take lactulose, coloxyl and senna or Movicol if needed. You can buy these from the chemist without a prescription.

Physiotherapy

- Continue your pelvic floor exercises and any other instructions.
- Wear your white compression (anti-embolism) stockings until you are fully active.

After surgery review

You will have a post-operative appointment to check on your recovery.

If you have any of these problems

- Pain continues or worsens and is not eased by mild pain relief medication.
- Your vaginal discharge is bright blood or contains clots.
- Your vaginal discharge is smelly.
- You cannot pass urine at all.
- You have frequency or burning when passing urine.
- You have a fever.
- You have calf pain, tenderness or swelling; any shortness of breath or chest pain.

Seek immediate help from:

- your local doctor
- Emergency Department, Mercy Hospital for Women: Attend if needed.

For non-urgent phone advice:

- Ward 6: 8458 4853
- Urogynaecology Unit: 8458 4890.

Further Information

If you have any questions regarding this information, please contact:

Mercy Hospital for Women

Ward 6

Phone: 03 8458 4853

Acknowledgements

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