

## **ABDOMINAL SACROCOLPOPEXY POSTOPERATIVE INSTRUCTIONS**

You may take a shower as normally as you do; however, do not take a bath for two weeks. You may allow the water to run over the incision, as well as the catheter, if you have a Foley catheter in place. Just keep the incision clean and dry, as well as keeping the area of the catheter clean and dry after your shower.

You may eat your regular diet, although your appetite may be diminished the first several days at home.

You may walk and go up and down stairs. Please limit walks to no more than a block or as much as you can tolerate, as you will tire easily with minimal activity and find that you require an occasional nap. Your energy will return over the course of 4-6 weeks.

If you find it difficult to move your bowels after your surgery, you may take one tablespoon of Metamucil on a daily basis which may help bowel movements easier. You may also take 1-2 teaspoons of Milk of Magnesia, which may help stimulate the bowels, providing you do not have any serious kidney problems.

You may take your pain medications; however, you may alternate them with Extra-Strength Tylenol.

You should avoid strenuous activities for six weeks, such as tennis, golf, cutting the grass, heavy lifting during gardening, stretching at exercising, lifting weights, or jogging. Please avoid carrying anything over 10 pounds during this six-week period.

You will need a postoperative visit 7-10 days following your procedure. If you have surgical clips in place, they are typically removed at that time. Vaginal spotting is normal for the next 1-2 weeks.

Please do not have sexual relations or use a tampon for six weeks.

If you have a catheter, you may use a leg bag during the day and transfer to a larger bag at night so you will not have to get up in the middle of the night to empty the bag. If you would like, you may just use the leg bag the entire time.

Please notify your physician regarding any temperature over 101°F or any uncontrolled pain.