



COLPOCLEISIS, CYSTOCELE OR RECTOCELE REPAIR

These instructions will help you take care of yourself at home.



DIET

Start with clear liquids after you reach home. Wait about 45 minutes and if you do not feel sick, try bland foods first and then progress to your usual diet.



ACTIVITY

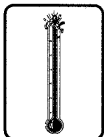
"Pelvic rest" No sex, tampons, or douches for 5-6 wk. or until you have seen your physician at your follow up appointment. You may walk, climb stairs, bathe, and /or shower. Do not lift anything heavier than a gallon of milk (about 5 lbs) until your post op appointment.



First aid

SPECIAL CARE NEEDED

Fatigue is normal after surgery. You may experience light vaginal bleeding for several days. If you are having a large amt. of bleeding (more than a pad per hour) call your Doctor.



INFECTION

Watch for any sign of infection after surgery: **fever, chills, increased pain, redness, or swelling.**



WHEN TO CALL YOUR SURGEON

Call 434-924-0000 and ask for "Resident on call" for Dr. _____ IF:

- Large amt. of bleeding (more than one pad per hr.)
- No urine output eight (8) hours after surgery
- Vomiting lasting more than 4 hr.
- No bowel movement in three (3) days
- There are signs of infection as above
- Call "911" for chest pain or shortness of breath