

Anterior/posterior repair

Post-operative information

What happens afterwards?

After your surgery you will be transferred back to M2, the gynaecology and women's surgery ward at St Helier Hospital. How long you need to stay for will depend on the extent and timing of your surgery. The nursing staff will co-ordinate your discharge.

What to do when you return home

Within the first week after discharge:

- You may require regular pain relief. If you require anything other than paracetamol or ibuprofen this will be given to you before leaving hospital.
- You may need a mild laxative to prevent constipation. It is important to avoid being constipated after your surgery as straining for a bowel movement could cause your prolapse to reoccur.
- You can have a shower, but avoid using perfumed/scented gels or soap.
- You may have some pinkish/brown discharge from your vagina for up to three weeks. This is a normal part of healing. Use sanitary towels for any vaginal bleeding.

Within the first six weeks:

- Do not have sexual intercourse or use any vaginal lubricants, creams or gels
- Do not use tampons
- Do not lift anything heavier than a full kettle
- Do not drive until you can safely perform an emergency stop – consult your insurance company before driving
- Do not do any strenuous physical activity (activity that makes you feel out of breath). If you do not rest enough this will delay your recovery; however, we recommend that you keep mobile after your surgery to minimise your risk of post-operative deep vein thrombosis (DVT).

Beyond six weeks after surgery:

- Begin easing back into normal activities and continue to increase physical exercise. Rest when you feel tired.
- If you no longer have pain or vaginal bleeding, you can start to have sexual intercourse. You may find you need to use lubricant such as Sylk, YES or K-Y Jelly. If you experience pain or bleeding, contact your GP for advice.

What happens next?

- You will be advised prior to discharge of the timeframe for your follow up appointment. This appointment will be sent to you in the post.

Contact us

You can call the ward any time on 020 8296 2150. If we feel you need to be examined, we will advise you to attend your GP, A&E or Ambulatory Gynaecology Unit as appropriate.

Please contact your GP or A&E if you experience any of the following:

- Fever, increased pain, or if you feel unwell
- Heavy vaginal bleeding, yellow/green or offensive smelling vaginal discharge
- Burning pain or discomfort when passing urine
- Constipation which lasts longer than three or four days and does not get better after laxatives
- Pain, redness or swelling in your calf
- A sudden feeling of shortness of breath and/or chest pain.

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