



## BLADDER SUSPENSION POST-OPERATIVE INSTRUCTIONS

### **What to Expect**

- This is a major surgery and you will tire easily for the first month. The energy used to heal the surgical wound is the energy you won't have for your normal daily activities. So, take it easy on yourself!
- You may have some slowing and/or frequency and urgency of your urinary stream immediately following surgery, lasting for several weeks.

### **Activity**

- Your activity is restricted during the first 6 weeks following surgery.
- Do not lift objects greater than 10 pounds.
- Do not drive for the first two weeks. Limit long car rides.
- No strenuous exercise; limit stair climbing to a minimum.

### **Wound Care**

- You may go home with a catheter or tube in your bladder.
- You may shower, but do not take a bath until your doctor says it's ok.

### **Diet and Elimination**

- Normal diet.
- Drink plenty of fluids.
- Take a mild laxative if needed. Remember pain medication can contribute to constipation.

### **Call our Office if:**

- Fever greater than 101.5 F.
- Heavy bleeding or clots in catheter.
- Catheter stops draining.
- Leakage of urine from the vagina.
- Drainage, pus, or bleeding from the incisional site.