



Centre For Pelvic Reconstructive Surgery

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DISCHARGE INSTRUCTIONS FOR PATIENTS WHO HAVE UNDERGONE SURGERY FOR PROLAPSE OR INCONTINENCE

You have just undergone corrective surgery for pelvic problems. It is absolutely necessary that you follow the instructions set out below when you return home.

1. REST - This means very limited activity until you see your surgeon for your postoperative visit at 2 – 4 weeks after surgery.
 - a. No house work.
 - b. No cooking – light meals only.
 - c. No exercising – no bending down or stretching up.
 - d. You may walk around the house but not out of doors.
 - e. No driving or riding in a car.
 - f. No douching.
 - g. No sexual intercourse.
 - h. No straining – YOU MUST NOT GET CONSTIPATED.
 - i. Empty your bladder frequently.
2. Take medication as prescribed.
3. Please call Doctor Farnsworth if you have any problems.