

1 – 2 Weeks following Discharge

1. Have plenty of rest. 1 hour on your bed morning and afternoon is recommended.
2. Practice the pelvic floor and tummy exercises taught by the physiotherapist.
3. Go out for short walks. 10 – 15 minutes each day.

It is quite safe to have baths, wash your hair and go up and down stairs. You should not lift or carry anything heavier than a two pint kettle full of water

2 – 4 Weeks Following Discharge

1. Increase your walking time and distance.
2. If you do not feel tired, reduce your rest hour to once a day.
3. Increase your household activities i.e. preparation of meals, washing up, light dusting etc; but no lifting!

At 4 Weeks

1. Continue to increase your household duties. These should be near normal now including some lifting.
2. Do not drive until you feel fully recovered and in state of health that complies with the conditions of your motor insurance.

Helpful Hints

1. For one month following your operation you should do **NO** heavy lifting, moving furniture, hovering or vigorous sports such as aerobics.
2. Vaginal discharge may come and go for up to 6 weeks. Approximately 10 days after surgery you may experience some fresh blood loss as your stitches begin to dissolve. Seek medical help if this continues or becomes smelly or itchy.
3. Take normal pain relieving tablets, such as you would take for a headache. Do not exceed that stated dose.
4. You should not attempt intercourse if you are still experiencing any vaginal discharge. If there is no discharge, gentle intercourse maybe attempted after your 6 week check, depending on your comfort. It is wise in the first instance to use a lubricating gel such as KY jelly.

5. You may experience a 'drawing' type of pain whilst emptying the bladder. This should subside within approximately 6 weeks. You may also experience cystitis. If you do and the symptoms persist, please consult your GP.
6. If you experience a lower abdominal aching (similar to period pains) this means that you are probably slightly over doing activities and should take more rest.
7. Avoid constipation by eating fruit and bran in your diet and by drinking plenty of fluids.
8. Continue your pelvic floor and abdominal exercises daily. This will strengthen the bladder area and firm abdominal muscles for the rest of your life.
9. An appointment will be sent to you asking you to attend the Gynaecology Outpatient Clinic at the Cygnet Wing 3 – 6 weeks after your operation. By this time you should be leading a normal life.

Orchard Gynae telephone – 01234 792219