

## Medications

You may have some discomfort at your surgical area. Take pain pills as soon as the pain begins. Do not wait until you are in pain. Do not drink alcohol while taking pain pills. Remember that codeine which is an ingredient in some medications is constipating.

## Vaginal Flow

You may have pink, yellow or yellow-brown vaginal flow for 4 to 6 weeks following surgery. Some pieces of suture (stitch) material may also come out; this is a part of the normal healing process.

DO NOT (unless told by your doctor) insert tampons or have sexual intercourse until healing is checked by your doctor.

## Call your Doctor if you have

- severe pain
- increased or bright red bleeding
- foul smelling flow
- fever

## Follow-Up Appointment

Make an appointment with your doctor in 4 to 6 weeks after surgery for a check up.

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# Repair of Vagina (Anterior & Posterior) Vaginal Hysterectomy

## Discharge Instructions

## Introduction

### q Repair of Vagina (Anterior/Front & Posterior/Back)

An **Anterior (front) Repair** of the vagina is surgery done to correct a cystocele. A cystocele is a bulge of the bladder through the vaginal wall due to weakened pelvic muscles. The surgery tightens the pelvic muscles to provide better bladder support.

A **Posterior (back) Repair** of the vagina is surgery done to correct a rectocele. A rectocele is a bulge through a weak place in the vaginal wall muscles. Surgery tightens the weakened muscles. This procedure is sometimes done together with an Anterior Repair.

### q Vaginal Hysterectomy

A vaginal hysterectomy is a way to take out the uterus through the vagina. The uterus is the muscular organ at the top of the vagina. Babies develop in the uterus, and menstrual blood comes from the uterus. If the reason for your hysterectomy includes uterine prolapse or small fibroids, it is likely to be performed through the vagina.

## Activity and Rest

You will notice that you tire easily when you first go home. Rest when you are tired and increase your activity as you feel comfortable. Walking is good exercise. Avoid any activity that causes discomfort or makes you very tired.

Avoid lifting heavy objects such as wet laundry, house cleaning or lifting young children that may cause "straining or bearing down". Check with your doctor regarding driving restrictions and going up and down stairs.

## Bath and Showers

A shower is better than a bath for the first week after surgery. Having a sitz bath 2-3 times daily after your bowel movements can be soothing. Dry the area using a blow dryer on a COOL setting or gently pat dry. This will lower your risk of infection. Good handwashing is also important.

## Diet

It may take a few days to get back to your normal appetite. Your appetite will improve as you begin to feel better. It is important to drink plenty of fluids (6-8 glasses per day). Avoid spicy foods and foods such as broccoli, corn, cabbage or cauliflower that can cause gas.

## Elimination

### Bowel Movement:

Constipation should be avoided. Drink plenty of fluids such as fruit juices and water and eat foods high in fibre. Try not to strain during bowel movements. Straining places stress on the surgical area. If you feel you need a laxative, talk to your family doctor or pharmacist about this. Regular bowel function may take 2-4 weeks to return to normal.

### Urinary Bladder:

After your surgery, your bladder function may take a while to return to normal. For those who had a repair of the vagina, a catheter (thin tube) may be placed in your bladder. You will go home with the catheter. The hospital nurse will show you how to look after the catheter and remove it after a few days. Once the catheter is taken out, call your doctor if you have:

- have burning when you urinate
- frequent urination of small amounts
- trouble emptying your bladder

You may have to limit the amounts of fluid you drink at night so that you don't have to get up to urinate.