



CROSSROADS CLINICS
BLADDER HEALTH
FEMALE INCONTINENCE
AND PROLAPSE CLINIC

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DISCHARGE INSTRUCTION SHEET

If you have concerns or questions for your health care team after you have been discharged from the hospital please call the following number during regular office hours (weekdays 9am to 4pm):

Cross Roads Clinics - 604.708.0788

If you have a medical issue, related to your surgery, that requires urgent medical attention after regular office hours, please call the following number and ask to speak to the obstetrician/gynecologist on call:

Peace Arch Hospital - 604.535.4500

If emergency care is required, please go to Peace Arch Hospital Emergency Department or your closest local Emergency Room.

Discharge Instructions:

- If you have staples on your abdomen, please contact your family doctor to have them removed. If your family doctor is unable to see you for staple removal, please call our office at the number above to set up an appointment to have them removed.
- If you were discharged home with a catheter (tube in your bladder) you will need to call the clinic to make an appointment to have it removed.
- Please call the office to set up your appointment 6 weeks after your surgery.
- The medication you were prescribed for pain may also reduce the swelling that can occur after surgery. Please use it if you experience pain or swelling.
- Please do not drive for 2 weeks after your surgery.
- Avoid heavy lifting (anything greater than 10 pounds) for 6 weeks after your surgery.

Please contact our office if . . .

- If your vaginal bleeding is heavier than a menstrual period, is not slowing down, or if you are soaking 1 or more pad(s) per hour
- If you have foul smelling discharge from your vagina or incision on your abdomen
- If you feel that your bladder is full and uncomfortable but you are unable to pass urine
- If you think that you have a bladder infection (burning when you pass your urine, frequent peeing, low back pain)



Frequently asked questions:

I feel string coming from my vagina, what is it?

- You may be able to feel the stitches in your vagina. These stitches will dissolve and fall out on their own; you may see some spotting or vaginal discharge when that occurs. You may still have stitches at your 6-week check up.

I am still bleeding, is that normal?

- You may have some vaginal bleeding for a few days after your surgery. It should be less than a menstrual period and should slow down within a few weeks.

When I pass urine it feels different than before surgery?

- You may have changes in how you pass your urine. Some people have a strong urge to pee and some may not feel the urge as strongly.

I'm scared about moving my bowels, what can I do to make it easier?

- Having surgery and taking pain medication can affect your bowels and change your bowel routine. It is important to know that even when you eat very little your body still produces stool. You will go home with a prescription for a stool softener (Docusate Sodium or *Colace*) or a laxative (polyethylene glycol 3350 or *Lax-a-day/Restoralax*). Do not strain or push to move your bowels, let your body relax and take your time.

What kinds of foods are safe to eat after the surgery?

- There are no specific foods you should avoid in regards to recovering from surgery. Some of our patients tell us their appetite is less than normal but this usually resolves within a few days. Keep in mind caffeine, alcohol, acidic fruits and juices, and spicy food may irritate your bladder and may worsen urinary urgency or frequency.

I was on vaginal estrogen before the surgery, should I start taking it again?

- Typically the recommendation is that nothing should go into your vagina for 6 weeks after your surgery. Your doctor may advise you to resume vaginal estrogen after your 6-week check up.

Will it really take me 6 weeks to recover from this surgery?

- Yes, it will take 6 weeks to recover from this major surgery. Many people feel nearly back to their normal energy level by about the second week after surgery. However, your body will continue to heal itself over the next few months.