

Care After Surgery

Your procedure may take place in the physician's office or in the hospital, depending on the complexity of your condition. Ask your doctor for specific postsurgical care instructions. Some of these might include:

- Engage in light activity the following day (standing, walking) and gradually increase activity level.
- Take prescribed or over-the-counter pain medication as directed.
- Use a topical estrogen cream on the surgical site.
- Use a vaginal dilator to keep the vagina open.
- Use a urinary catheter if needed to assist in urination.
- Wear absorbant pads to absorb minor bleeding during recovery.
- Abstain from having intercourse or using tampons for 6 weeks.
- Take showers rather than baths for the first 2 weeks.
- Schedule a follow-up visit with your surgeon for 2-3 weeks after the surgery.
- Ask your doctor when it is safe to return to work.
- Call your doctor if you experience high fever, severe pain, heavy bleeding or other discharge, vomiting, or trouble with urination or bowel movements.