

## Care After Surgery

The procedure to repair pelvic organ prolapse (POP) is performed under general anesthesia. When you wake up after surgery, you may experience some pain and nausea, which can be treated with medication. For the first day or two after the procedure, your vagina may be packed with gauze, and you may have a urinary catheter in place to drain your bladder.

Under normal conditions you can expect to go home from the hospital one to three days after your procedure. Your doctor will give you guidelines for what to expect and suggestions for how to care for yourself while you recover.

### General Guidelines

- Do not lift anything heavy or exercise strenuously until your doctor tells you it's okay—usually between 3 and 6 weeks after your procedure.
- Although it's important to rest, you should avoid long periods of sitting or lying down. Stay as mobile as possible and take short walks each day, as your condition allows.
- Do Kegel exercises to strengthen your pelvic muscles.
- Abstain from sexual activity for 4-6 weeks after your procedure.
- Take showers rather than baths for 2 weeks after your procedure.
- You may experience some constipation for several days; if this becomes a problem, your doctor can suggest or prescribe a type of stool softener to help.