

Care After Surgery

Your recovery time will depend largely upon how the procedure was performed, by open surgery or a minimally invasive method where only a few small incisions are made. In general, recovery times are shorter for minimally invasive procedures.

Ask your doctor for specific postsurgical care instructions. You may be prescribed an antibiotic to ensure that you do not get an infection, or pain medicine to manage your discomfort. Other recommendations may include:

- Do not use tampons or douches for several weeks
- Abstain from sexual activities for several weeks
- Avoid straining during bowel movements
- Do not lift anything heavy or exercise strenuously

Patients may find it difficult to urinate for a period of time after their procedure. If this happens, your doctor may suggest using a catheter to empty your bladder. Some patients also experience bladder spasms or bladder infections during their recovery period. If problems occur, discuss them with your doctor so that he or she can prescribe treatment.