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Patient Information – Laparoscopic Pelvic Floor Repair / Colposuspension / Paravaginal Repair / Laparoscopic Hysterectomy

Immediately following surgery;

1. You should commence normal eating and drinking immediately post-operatively as tolerated.
2. Try and get up to the toilet and to walk around as soon as possible.
3. He indwelling catheter (IDC) will be removed the morning following surgery. The sister will then measure the residual amount left in the bladder. If you do not get the sensation to pass urine within four hours of clamping, advise the staff as the catheter should be replaced to allow the bladder to drain.
4. You may experience some buttock ache or back pain. Voltaren suppositories are excellent for this specific symptom. See your nurse for these. We have included these in your pre-op kit for you as needed after your discharge from Hospital.
5. It is normal to experience a small amount of vaginal discharge – brownish old blood. Any fresh or heavy bleeding, or offensive vaginal discharge should be noted to the staff, or after discharge, to the rooms.

Post-discharge from Hospital;

1. No intercourse until after your post-operative review (4-6 weeks after surgery).
2. No heavy lifting or squatting.
3. You may drive as tolerated.
4. You may exercise if you feel up to it – walking, swimming.
5. Use analgesia as you need it – don't put up with pain but rather try and treat it before it gets too severe. Panadol, Panadeine or Di-Gesic should be used 6th-hourly for severe pain, Voltaren suppositories (see above) for buttock pain after pelvic floor repair. We have included Voltaren and Di-Gesic in your pre-op kit.
6. Your abdominal wounds have absorbable sutures and you can wash them and keep them clean without concern. The dressing should be removed prior to discharge from hospital or when you get home.
7. Some suture material expressed on the vaginal pad is normal.
8. If you have prolonged fevers, severe pain, heavy bleeding or other worrisome symptoms, please contact us in the office and arrange a time to come in as soon as possible.