Care After Your Vaginal Hysterectomy and/or A&P Repair

Use these care tips after your surgery to recover. Healing time varies with each person. Remember that no two people react the same way to surgery.

**Activity**
- Slowly increase your activity each week.
- Use common sense and don’t overdo it.
- Avoid heavy lifting (more than 10 pounds).
- Avoid standing for a long time (ironing, cooking, dishes, vacuuming).
- When using stairs, walk slowly.
- Rest, but do not stay in bed. Get 8 hours of sleep each night with naps during the day.

**Diet**
- Progress to your normal diet.

You may have constipation after surgery because of pain medicine. Do not strain during a bowel movement.

**To help prevent constipation:**
- Drink 6 to 8 glasses of water per day (unless told otherwise).
- Increase fiber in your diet. Some good sources of fiber are fresh fruit, fresh vegetables, beans and high-fiber cereals.
- Take stool softeners if told by your doctor.

**Common side effects**

*Vaginal discharge:* The amount, color and thickness of discharge may vary. The typical pattern is bright red or pink, turning dark brown and then clear, lasting for 3 to 7 days.
- Do not put anything in your vagina until rechecked at your doctor’s visit.
- Do not have sexual intercourse until rechecked at your doctor’s visit.
- Do not use tampons.
- Do not use douches.
- Use non-deodorized sanitary napkins.

**Urination:** You may feel slight burning and/or pressure with urination (passing your water) related to the foley catheter placement. Drinking between meals helps, but be careful not to drink large quantities because this may over distend the bladder. You may also feel an increase in frequency (feeling like you have to urinate often) related to the bladder repair.
- Do not ignore the urge to urinate.
- Try to allow your bladder to completely empty.

**Care of wound**
Remember, even though you do not have an external incision, you do have an internal one. As your incision heals, you may notice small pieces of black and/or brown threads. These are sutures from the incision line. This is normal.
- You may shower.
- Do not take tub baths or sit in hot tubs until approved by your doctor.

**Medication**
- Take pain medication as told.
- Continue your usual medications unless told differently.

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**Call your doctor if you have:**
- Elevated temperature greater than 101° F
- Pain that is not relieved by pain medication
- Severe abdominal cramps or pain
- Severe bladder discomfort, burning when you urinate, blood in the urine, or not being able to urinate.
- Bright red vaginal bleeding or large blood clots.
- A foul odor coming from the vaginal drainage.
- Pain, swelling or tenderness in your legs.

**If you have any questions, call your doctor.**

The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem. Aurora Health Care is a not-for-profit health care provider and a national leader in efforts to improve the quality of health care.