



Discharge information



after Pelvic Floor Repair

After-care:

- You can expect some period-like blood loss for a few days after your operation.
- You may have had a vaginal pack in hospital, but this should be removed before you go home. Ask your nurse.
- Your stitches are internal and dissolvable.
- You should try to practice pelvic floor exercises three times a day, on a regular basis after your operation. You can start on day 1:
 - Imagine tightly squeezing inside the vagina or trying to stop passing wind.
 - Try a mixture of long and short squeezes.
 - Build up gradually but aim for 10 long squeezes (10 seconds each) and 10 short squeezes.
 - Follow this link for more information:
<https://www.rcog.org.uk/for-the-public/browse-our-patient-information/pelvic-floor-repair-operation-recovering-well/>

Things to avoid:

- Tampons/menstrual cups for 4 weeks, as they may impair healing and introduce infection.
 - You can use sanitary pads instead.
- Heavy lifting/strenuous exercise for 6 weeks.
- Sexual intercourse for 4-6 weeks.
- Constipation – you may find laxatives from your local pharmacy helpful.

Contact your GP, 111 or the Surgical Hub if you experience:

- Offensive smelling discharge.
- Severe or worsening pain.
- Fever.
- Difficulties passing urine.

Attend your nearest A&E if you experience:

- Heavy bleeding.

Key Contact numbers

If you have any concerns, you can contact:



Your GP or 111

Gynae ward at UHW (24 hours): **02921 843857**

Gynae Outpatients (9am-5pm Monday-Friday): **02921 843857**

Surgical Hub (7am-7pm Monday-Friday) – **02921 826510** or **02921 826348**