

**IMMEDIATELY CONTACT YOUR DOCTOR  
OR GO TO EMERGENCY IF THE  
FOLLOWING OCCUR:**

- You develop a persistent fever, chills, or foul smelling discharge.
- Heavy bleeding (soaking a pad in 1 to 2 hours).
- Pain is not relieved by the suggested pain medication
- You develop signs of a bladder infection such as burning, pain, bleeding, hesitancy, or frequency with urination.

**PATIENT  
INFORMATION**

**ANTERIOR & POSTERIOR  
REPAIR**

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**Langley Memorial Hospital  
Surgical Services**



## Description of Procedure

- The walls of the vagina hold the bladder and rectum in place. If the sides of the vagina become loose or less elastic the bladder and/or rectum can bulge into the vagina. You are having surgery to repair and tighten the muscles which support your bladder and/or uterus. This procedure is called an Anterior & Posterior Repair (A&P Repair).
- Some of the common causes include previous pregnancies, labour and childbirth, aging, obesity, and medical conditions with a long lasting cough.

## Post-operative instructions

- You will have a catheter in your bladder for up to 3 days. The catheter will be removed before hospital discharge.
- You will need to wear a sanitary pad after surgery until any bleeding/discharge has stopped. This may take up to 6 weeks. Do not use tampons for this purpose.

## Post-operative instructions (con't)

- It is important to drink plenty of fluids to help restore normal bladder function and to decrease the risk of a bladder infection.
- Eat a high fibre diet to avoid constipation. A high fibre diet includes fruits, nuts, legumes or beans, vegetables, and whole grains.
- You should take pain medication as needed and prescribed or suggested by your surgeon.
- Sitz baths (sitting in a tub of shallow, warm water for a few minutes) will also help with discomfort.
- Gradually increase your activity level as your energy level permits. Walking is a good exercise.
- Avoid strenuous exercise, heavy lifting, heavy housework (including vacuuming) for 4-6 weeks, as directed by your surgeon.
- You may drive after 2 weeks.
- You may resume sexual intercourse as directed by your surgeon.