

## Going Home After Your A & P Repair or Cystocele

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Name: \_\_\_\_\_

### How do I take care of myself at home?

Do not put anything into your vagina for 6 weeks.

No tampons No douching No sexual intercourse
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### What not to do:

- No heavy lifting for 6 weeks
- No vacuuming, gardening or laundry for 6 weeks
- Do not sit or stand for long periods

### What you can do:

- You may have a bath or shower
- Walking is good
- Start kegel exercises daily to keep vaginal muscles strong
- You may drive when you are comfortable sitting

### Notify your doctor if you have:

A fever over 38° C or 100.4° F Pain or burning passing urine Trouble having a bowel movement Heavy bleeding or vaginal discharge that smells bad
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## **When can I have sex?**

This depends on how well you heal. You will discuss this with your doctor at your follow up visit.

## **When should I see my doctor again?**

You will see your doctor 4 to 6 weeks after your surgery. Discuss with your doctor when you should return to work.

## **What if I have pain?**

- You may have some pain in your vagina
- Take over-the-counter medicine such as acetaminophen (Tylenol) and ibuprofen (Motrin, Advil) unless your doctor or nurse tell you not to
- Be sure to follow the directions on the medicine bottle  
Your doctor may give you a prescription for pain medicine

## **Follow-up Instructions:**

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### **Questions or Concerns:**

Health Link BC: 811

(604) 215-2400

Hearing Impaired: 1 866 889-4700

Or, contact your physician

**In an Emergency:** Call 911 or go to the hospital emergency room