



DISCHARGE INSTRUCTIONS AFTER ENTEROCLE SURGERY

Please read the following information so that you will be able to take care of yourself after leaving the hospital. Any questions you may have while at home can be answered by calling:

CONTACT INFORMATION:

Gynecology-Urogynecology and Reconstructive Pelvic Surgery: (734) 763-6295

After Hours and weekends: (734) 763-6295

WHEN TO CALL FOR ADVICE

If you have a fever greater than 100.5°F for 24 hours.

- If you notice foul smelling drainage.
- If you observe bleeding that is heavier than your normal flow of menstrual fluids or bleeding that saturates a pad in an hour or less for 2 hours in a row.
- A change in over-all health status, including nausea, vomiting, chills, profuse sweating, diarrhea, constipation, or increased swelling at the surgery site.
- Significant increase in pelvic pain or discomfort.

INCISION CARE:

- When you get home, you can take either a bath or a shower.
- Using a sitz bath for approximately 10 minutes two or three times a day can make the area of the surgery feel more comfortable.

ACTIVITY:

- Most women can return to their normal activities in about 6 weeks.
- Avoid strenuous activity for the first 6 weeks then increase your activity level gradually.
- Most women are able to resume sexual intercourse in about 6 weeks. You should check with your health care provider first.

POSTOPERATIVE CONSTIPATION:

- It is important to avoid constipation during this time.
 - Follow any special bowel care instructions given by your doctor
 - Eat a fiber rich diet (25-35 grams per day)
 - Try to drink about 6 to 8 glasses of water a day

LIFESTYLE CHANGES:

- Avoid smoking
- Maintain a health weight for your height
- Avoid activities that put strain on the lower pelvic muscles, such as heavy lifting or long periods of standing.