



## Patient and Family Education

### POST UROGYNAECOLOGICAL SURGERY

*Dear Patient,*

*The following instructions contain general information and advice regarding your condition and are designed to provide you with a guide on how best to safeguard your health. However, they are not intended to be exhaustive instructions. In specific cases you may receive different/additional instructions from your doctor. You are advised to follow any specific written or oral instructions given to you by your doctor or healthcare worker. Please seek clarification in case of doubt.*

#### **1. Activity/ Rehabilitation**

- Avoid strenuous activities, i.e. lifting, straining, stretching, for at least 3 months (subject to your doctor's advice).
- Do not lift heavy objects, as heavy lifting puts pressure on surgical repair, which may increase the risk of recurrence of prolapse.
- Avoid high impact exercises such as aerobics and running, as it puts heavy pressure on the pelvic floor.
- It is safe to (re-)start pelvic floor exercises when you feel ready, usually 1 to 2 weeks after surgery.

#### **2. Nutrition/diet**

- If you have underlying medical problems, follow recommended nutritional advice from your healthcare provider.
- Aim for a well-balanced diet, with adequate vitamins and fiber intake to promote wound healing and maintain good bowel movement.
- Drink at least 6-8 glasses/ 2 litres of fluids a day unless specially instructed by the doctor, or unless you have a specific medical condition (such as heart disease or kidney disease) which may require fluid restriction.

#### **3. Safe and effective use of medication**

- Take medication as prescribed.

#### **4. Wound/Catheter care**

- Wash perineal region with mild soap and water when you bathe. Wipe from front to back after each visit to the toilet.
- You will be given advice on the care of your urinary catheter (if any) by the ward nurses after your surgery.
- Use pads not tampons for the first 6 weeks after surgery.
- If you are discharged home with Urinary Catheter, refer to Patient and Family Education on Urinary Catheter Care (60100-PFE-U0007).

#### **5. Special instructions**

- Refrain from smoking as it delays wound healing and increases the risk of wound infections.
- Refrain from sexual intercourse for 6 weeks after you are discharged from the hospital. If you have painful intercourse, despite use of vaginal lubricant, please seek advice from your doctor.
- Transient mild urinary urgency can be expected.
- Avoid straining when urinating or defecating.



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#### 6. When and how to seek further treatment

Seek urgent medical consultations with your doctor at O&G Centre during office hours or at the Department of Emergency Medicine of Singapore General Hospital after office hours if any one of the following conditions occurs:

- Acute retention of urine
- Heavy/smelly vaginal discharge or bleeding
- Burning sensation when passing urine
- Foul smelling urine
- Distended bladder
- Difficulty passing urine
- Feeling of incomplete voiding
- Increasing pain unrelieved by analgesia
- Fever of 38°C and above
- Any other abnormal and/or prolonged symptoms which cause concern.

If you need to clarify on any of the above conditions, you can contact your primary physician through the operator or nurse clinician in-charge:

- Ward Nurse Clinician                      63214530/63214531
- Operator (SGH)                                62223322

#### 7. Follow - Up Appointment

- Keep your appointment(s) as scheduled.
- For any change of appointment(s), please call the Singapore General Hospital appointment hotline at 6321 4377 **OR** email to [appointments@sgh.com.sg](mailto:appointments@sgh.com.sg)