



Center For Pelvic Health

Pre-Operative Instructions

- Nothing to eat or drink after midnight the night before surgery.
- Stop all blood thinning medications such as Aspirin, Elmiron, Ibuprofen, Aleve, St. John's Wort and Vitamin E two weeks prior to surgery.
- Stop all weight loss supplements (including phentermine) one week prior to surgery.
- Notify our office if you are on Coumadin (Warfarin), Heparin or Plavix so we can coordinate with your physician.
- Take your routine medications the morning of surgery with a sip of water unless otherwise instructed by anesthesia personnel at your pre-op appointment.

Post-Operative Instructions

- Walk after surgery to aid healing and bowel movements. The more you walk, the faster your pain will decrease.
- Surgery is a constipating experience. Prevent constipation with walking, Colace, fiber and water. If needed, you can add Milk of Magnesia. We do not want you to strain at all, so do whatever it takes to avoid constipation.
- In early post-operative period, it is not important to eat a lot, but it is vitally important that you drink plenty of non-alcoholic, non-caffeinated fluids. If you are unable to tolerate fluids because of nausea and vomiting, you need to contact us or go to the emergency room for evaluation. Some nausea is common, but you should be able to hold fluids.
- If you need to go to the ER for any reason after surgery, go to the closest ER to prevent delaying care.
- Call the office if you develop a brown or green, watery, odorous discharge as this may be a sign of a vaginal infection. Call the office if you have a fever greater than 100.4.
- Limit your lifting, bending, tugging and pulling for 6 weeks.
- No driving until you stop pain medication.
- Post operatively you will be given an anti-inflammatory such as Mobic, Motrin or Celebrex. Please take this for 2 weeks post operatively even if you are not taking narcotic pain medication. You will also be given a prescription for narcotic pain medication such as Percocet or Mepergan. Remember that narcotics can be constipating and can cause drowsiness or nausea.