



7910 W Jefferson Blvd, Suite 305
Lutheran Hospital Campus

2510 Dupont Road, Suite 210
Dupont Hospital Campus

Phone 260-436-0259 FAX 260-436-0784
Nadine L. Floyd, MD Charles L. Morrison, MD

Postoperative Instructions: Pelvic Floor Surgery (Rectocele, Sphincteroplasty)

- Avoid strenuous activity, straining, heavy lifting more than 10 pounds, and sexual activity for at least 6 weeks. Talk to your surgeon before resuming these activities.
- Do not drive for 24 hours after surgery. Do not drive if you require narcotic pain medications.
- Anticipate pain, bruising and muscle soreness after surgery, especially for the first 3 to 7 days. This will gradually improve. You will receive a prescription for an anti-inflammatory medication (toradol or ketorolac). Take the anti-inflammatory medication as instructed until it is gone. Once this prescription runs out you may take Ibuprofen (Advil) 600-800mg every 6 hours. Do not take two different anti-inflammatory medications at the same time. You will also receive a prescription for a narcotic pain medication (hydrocodone or oxycodone). You may take your narcotic pain medication with the anti-inflammatory medication. Review all medications with your pharmacist.
- Sitz baths, warm showers or baths can help relax the muscles. Avoid excessively hot water and limit soaking to 15 minutes. Desitin cream applied to the skin may help soothe irritation. Do not use any enemas or suppositories unless instructed by the surgeon. An antibiotic cream or pills may be prescribed in some circumstances. This can help control inflammation.
- If you have a dressing, remove it the next day. Your surgeon will instruct you if a small drain was placed. It will resemble a spaghetti noodle. Remove this after 72 hours. Do not be concerned if it falls out early.
- A small amount of bleeding and mucous with bowel movements is expected. If you notice excessive bleeding, call the office right away.
- Take a fiber supplement daily (Metamucil, Benefiber). A stool softener such as Colace will help avoid constipation from pain medications, but should not be taken if you experience diarrhea. Drink 8 to 10 glasses of water daily unless you have a fluid restriction for other medical reasons. You may resume a normal diet unless otherwise instructed, but avoid foods that may cause constipation or diarrhea. Do not avoid your bowel movement as constipation can be very difficult to resolve. **DO NOT TAKE ENEMAS, SUPPOSITORIES OR MINERAL OIL.** If you have not had a bowel movement in 2 or 3 days, take Milk of Magnesia (over the counter) two (2) Tablespoons up to every 6 hours until results. Avoid diarrhea which can cause irritation and slow the healing process.
- If you have difficulty urinating the first night after surgery, take a warm shower or bath, which will help relax the muscles. Call the office if you have persistent difficulty, pain or frequency of urination.
- Weakness and low grade fevers are common after anesthesia, but should improve within 1-2 days
- Infection is rare, but possible. Any pain that increases after the first 3 days, fevers over 101°, excessive redness or drainage could be a sign of infection. Call the office if you are concerned.

Call the office if you have any concerns at 436-0259. Call soon to arrange a follow up appointment _____ days / weeks after surgery.