Robotic-Assisted Transabdominal Sacralcolpopexy Discharge Information

How I may feel after the procedure:

It is normal to have some vaginal bleeding similar to a light period for several weeks. There may be some bruising around the incision sites. These are closed with dissolvable suture and covered with sterile skin glue.

Contact your doctor for the following issues:

- Severe pain
- Vomiting
- Severe constipation
- Fever over 100F or with chills
- Increasing redness or pus from the incisions

Pain control:

You will be sent home with pain medication and possibly antibiotics and/or stool softener. You will generally be given a prescription for a narcotic and possibly an antibiotic. Do not drive, make important decisions or do anything dangerous if you are taking narcotics. Often, extra strength Tylenol or Motrin will give excellent pain relief. Narcotics can cause constipation. If this occurs any over the counter aid for having a bowel movement is ok to take. You may have occasional shoulder pain for the first day or two. It is because of positioning on the table and carbon dioxide gas used to inflate your abdomen during the surgery. This pain will go away typically over a few days.

Blood thinners:

If you are on a blood thinner such as Aspirin, Coumadin, Plavix, Pradaxa, Effient or any other blood thinner, please ask your physician when it is safe to restart these medications. If you have a cardiac stent, often Aspirin is continued pre and postoperatively and it is essential that you discuss continuing/going back on any of these medications with your urologist, primary care physician and/or cardiologist.

Activity:

Do not lift more than fifteen pounds, soak in a bathtub, go swimming, insert anything in the vagina or have intercourse for 6-8 weeks after the procedure. Minimize bending over and lifting anything for any length of time. Do not shower for 48 hours after the procedure.

Food:

Eat what you feel like. Sometimes after surgery people are not hungry or don’t eat much. As long as you are able to eat/drink without nausea or vomiting, this is fine. Start slowly.
**Fever:**
Call if there is a fever over 100 degrees.

**Driving:**
Do not drive if you are taking narcotics. Ideally, wait 5-7 days to drive. We just want you to be sure you will not be in pain and have an accident, hurt yourself or anyone else. If you question the ability to drive, wait until you are comfortable that you can safely drive.

**Follow up:**
You will be asked to make a follow up appointment typically 4-6 weeks after surgery. This is to allow some time to heal prior to vaginal exam. If you are sent home with a foley catheter, you will be seen by the office staff for removal typically a few days after discharge.

If you have any questions or concerns, please call for further information/ instructions.

Sincerely,

Urologic Specialists of Northwest Indiana