

## **Going home**

Depending on your operation and dependent on your needs, you may be sent home with some painkillers, some preparations to help open your bowels (movicol), and other medication dependant of what surgery was carried out.

For Movicol you take one sachet twice a day. You can increase up to 2 sachets twice a day or reduce down to none depending on how often you open your bowels. If you have had complete bowel preparation before surgery, it may be several days before you open your bowels.

Generally, we use dissolvable stitches. These may take two to three weeks to actually fall out. If they cause you any aggravation, then they can be removed after a week. If you have non-dissolving sutures, then we will advise that you either visit your GP or return after 5-7 days to have stitches removed.

## **Recovery**

After most operations for bladder problems and prolapse, we would ask you to avoid lifting (nothing more than a full kettle) for around six weeks. Please make sure that you understand the follow up arrangements following surgery and that you have our contact details before leaving hospital. Please ask any member of the medical or nursing team if things are not clear.

After surgery, you should allow yourself appropriate recovery time. Ask your team how long they anticipate your recovery should take. This often serves as a useful guide. Remember for some days following surgery, even relatively simple physical activities may make you tired. This may persist for a few weeks if you have had major surgery.

**Things to look out for**

After most vaginal operations a small amount of bleeding or vaginal discharge is common. You may get some discomfort passing urine or a slightly offensive discharge. If these persist you may need some antibiotics. Potential concerning things to look out for are high fevers, severe abdominal pain not responding to painkillers and rest, persistent vomiting and heavy vaginal bleeding.

If you have urgent worries after your discharge from hospital you can also contact King Edward VII hospital who will contact one of your team of consultants. For non-urgent concerns you can contact your consultant's secretary (during office hours).