

# Preferred Women's Healthcare

## Home Care Instructions Vaginal Bladder Procedures

You have had surgery to re-suspend your bladder. This type of procedure usually requires a few days for normal bladder function to return. However, it can take up to almost 2 months before you have regained total control.

You have been provided a catheter for performing straight catheterizations of your bladder until normal function returns. This catheter should be used after each voiding or every 4 hours, whichever occurs first. This will ensure that your bladder does not become over distended while it is healing.

Please record each time that you void. We need to know how much you voided on your own and how much you catheterized yourself following the voiding. Please don't delay catheterization after voiding because the amount that is left in your bladder is what will help determine when you need to stop your catheterizations.

When you get to the point that you are voiding greater than 250 cc's of urine and the residual amount of urine left in your bladder is less than 100 cc's consistently then after **talking with your doctor** you may stop catheterizations.

The catheter can be washed daily with soap and water and carried in a zip lock bag with you. Other than this there is no special care needed for the catheter.

### Medications/Precautions:

Discharge Medications:

- Motrin 600mg by mouth 4 every 6 hours.
- Lortab-5 1-2 tablets by mouth every 4-6 hours.
- Demerol 50mg 1 tablet by mouth every 4-6 hours.
- Tylox 1-2 tablets by mouth every 4-6 hours.
- Colace 1 tablet every day.
- MoM 30 cc's every day for 2 weeks.
- Sitz baths \_\_\_ times a day for \_\_\_ weeks.
- \_\_\_\_\_ mg 2 / 4 times a day for \_\_\_ days.
- Other Medications: \_\_\_\_\_

Discharge Precautions:

**Please contact our office at 770-962-5100 / 770-822-1562 if any of the following occurs.**

- Fever greater than 101 on two occasions.
- Bleeding that is heavier than a heavy period or that is increasing consistently.
- Pain that is consistently increasing despite pain medications.
- Increased erythema around wound, wound discharge or bleeding.
- No heavy lifting greater than 15 lbs. for 8 weeks.
- Vaginal rest for \_\_\_ weeks. (No intercourse, douching or tampons)
- Blood clot precautions: Painful swelling in either leg.

If you have staples in your wound, please follow-up with us in \_\_\_\_\_ days for removal.

Discharge follow-up in our Office in \_\_\_\_\_ weeks. Please call and make appointment or verify if one has already been made.