



10 Parsonage Rd, Suite 118  
Edison, NJ 08837  
Tel: 732.494.9400  
Fax: 732 548 3931

3 Hospital Plaza, Suite 200  
Old Bridge, NJ 08857  
Tel: 732.679.2010  
Fax: 732.679.2077

570 South Ave, Building A  
Cranford, NJ 07016  
Tel: 908.272.5335  
Fax: 908.497.1633

## **Post –Operative Cystocele and Rectocele Instructions**

### Procedure:

Lifting of the bladder and pushing down of the rectum through the vagina

### What to Expect:

1. Your incisions are in the vagina. Expect vaginal discharge with blood for up to 4-6wks as the sutures dissolve. Use pads as needed.
2. You may have two very small wounds in the inner thigh near your groin. You may feel some skin glue on these sites. This glue will dissolve away.
3. The majority of your discomfort will in your vaginal area, tail bone and buttocks. This soreness results from the positioning of your legs during the surgery. The pain in your tail bone area can last several weeks, it is especially worse in the sitting position. The rectocele repair will hurt more and longer than the lifting of the bladder
4. Delayed bowel movement. It may take up to 3-5 days before your first bowel movement. Do not push or strain to have a bowel movement. It is very helpful to take a daily fiber supplement such as Colace, Metamucil, Benefiber or Fibercon.
5. You may have a very small amount of blood in the urine. Call your doctor if you are passing clots.
6. You may have a slight burning sensation when you urinate for 1-5days
7. You will be discharged home on a pain killer and antibiotic
8. There is a possibility you will be discharged home with a catheter draining your bladder. You will be taught how to use a leg bag to drain the bladder prior to discharge. This is NOT unusual. It is sometimes difficult to urinate after surgery because of all the swelling. See your physician 1wk after surgery to remove the catheter

### Activity and Limitations:

1. Do NOT rest in bed all day. Walking and climbing stairs is **encouraged**.
2. **NO** heavy lifting, nothing greater than 10-15 pounds for 4-6wks after surgery
3. **NO** intercourse for at least 4-6wks after the procedure
4. Showers are OK immediately after surgery. **NO** tub baths, pools or Jacuzzis for 4-6wks



**PREMIER  
UROLOGY GROUP, LLC**  
Urological Surgical Associates Division

Jerold Grubman MD, FACS  
Andrei Kachala MD, FACS  
Benjamin Fand MD, FACS  
William L. Terens MD, FACS  
Joshua L. Wein MD, FACS  
Rupa Patel MD, FACS  
Neil D. Sherman MD, FACS

10 Parsonage Rd, Suite 118  
Edison, NJ 08837  
Tel: 732.494.9400  
Fax: 732 548 3931

3 Hospital Plaza, Suite 200  
Old Bridge, NJ 08857  
Tel: 732.679.2010  
Fax: 732.679.2077

570 South Ave, Building A  
Cranford, NJ 07016  
Tel: 908.272.5335  
Fax: 908.497.1633

Return to Work:

This is dependent on the type of work you do; please discuss this with your physician during your follow-up visit.

Call your physician for the following:

Temperature > 101.5  
Excessive vaginal bleeding. Saturating a pad in less than 2-3hrs  
Inability to urinate