

Anterior-posterior Repair or a Marshall-Marchetti-Kranz Repair

After Visit Summary

You have just had a surgery to repair the muscles surrounding your bladder.

Your health care team will work with you to understand any challenges you have after your hospital stay. This will help your team work toward a plan to make sure you have the right care and support to help manage your health after you leave the hospital.

Before the Procedure

- Tell your health care provider if you:
 - are pregnant
 - have a latex allergy
 - have diabetes
 - take a blood-thinner medicine.
- Remove any jewelry or piercings.
- Arrange to have someone drive you home. You will not be able to drive after the procedure.

Activity

- You will need to rest more than usual.
- Switch periods of rest and activity for the rest of the day.
- You may do light housework as your body will allow.
- Avoid heavy lifting, straining or exercise.
- Avoid activities that strain your surgical repair.

- Use sanitary pads for light vaginal bleeding. This may last up to one week after your surgery.
- Check with your health care provider about when you may take a shower or bath.
- Do not drive for 1 to 2 weeks or as directed by your health care provider.
- Do not use douches or tampons and do not have intercourse for 6 weeks. Your health care provider will tell you when it is OK to continue.
- Avoid tobacco and secondhand smoke. They can slow your recovery.

Urination

- You may have a suprapubic catheter until you can urinate on your own. A nurse will show you how to care for yourself and the catheter.
- If you need to do self-catheterization, a nurse will show you how.

Wound Care

- Keep your abdominal incision site clean and dry.
- Use good hygiene and wipe from the front to the back. This will help keep germs in your rectal area from getting into your urinary tract and possibly causing an infection.

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Pain Relief

- Follow your health care provider's directions for prescription and over-the-counter pain medicines.

Food and Beverages

- Eat well-balanced meals.
- Follow any instructions your health care provider gave you.
- Eat more fiber (such as whole grains and raw fruits and vegetables). This will prevent constipation.
- Drink lots of water.
- Avoid alcohol while you are taking prescription pain medicine.

Bowel Movements

- Do not strain while having a bowel movement.
- If you do get constipated, you may use Colace[®], Milk of Magnesia[®] or Senokot[®], all of which are available at a pharmacy. Check labels for dosing information or ask the pharmacist.

When To Call Your Health Care Provider

Call your health care provider if:

- you have a temperature of more than 100 F
- you have vaginal bleeding or discharge that smells
- your incision site is red, bleeding or draining
- you have pain or swelling in your legs
- any questions or concerns.

Follow-up Appointment

Please keep all follow-up appointments with your health care provider or specialist, even if you are feeling well.