



POST-OPERATIVE INSTRUCTIONS

■ DO NOT...

1. Lift more than 10 pounds. This will place undue stress on your repair. This includes groceries, laundry, vacuuming, children, mowing the lawn and heavy housework.
2. Stand or sit in one place for long. Walking is great!
3. Bend over to tie your shoe or pick up something from the floor. Sit in a chair to scoop up what you need.
4. Insert anything vaginally or have intercourse. This may disrupt your sutures and cause bleeding and pain.
5. Drive while you are using pain medication. Please wait until you have been cleared by Dr. Garas or your primary care physician.

■ DO...

1. Use a stool softener such as Miralax, Colace or Surfak so as to avoid constipation and straining. Please be patient as these will not work immediately. Ultimately, your stool should pass like toothpaste.
2. Resume all of your medications unless instructed otherwise by your primary care physician or myself.
3. Eat whatever you like. I would encourage you to limit caffeine and alcohol as these may adversely affect your bladder.

See reverse side for more information.



Tarek G. Garas, MD, FACOG • Watson Clinic LLP • 863-680-7312

Obstetrics • Gynecology • Gynecologic Surgery • Permanent Birth Control Solutions • Incontinence • Robotic Surgery



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■ Please note the following things you may experience after your surgery

- A. You may find that you are easily fatigued after surgery. This is very common. Things will return to normal as your body heals. A daily multivitamin will help.
- B. You may notice vaginal spotting, slight yellow discharge, or some slight bruising. These post-operative findings are common.
- C. You may notice a low grade fever. Fevers below 100.4 are common. Please call me immediately should you develop a fever greater than 100.4.
- D. It may be uncomfortable to sit for long periods of time. A “donut” cushion or rolled towel may help. This discomfort will decrease as the healing process occurs.

Lastly, please call me at 863-680-7312 if you have any questions or concerns. It has been a pleasure to work with you in resolving your problem. Your improvement and a positive outcome from surgery is a combined effort between surgeon and patient. I need your help in seeing that you recuperate and heal well.

Special Instructions

Bladder Catheter: If you are released from the hospital with a catheter in place, this will likely be removed on your next visit. We will perform a voiding trial at that visit, and if successful, the catheter will be removed. This is done in the office and you should not experience any pain.

Incisions: Incisions should be inspected daily. Bandages can be removed in 24 hours. The steri-strips (small pieces of surgical tape) should be removed seven days after surgery. Incisions should be cleaned with warm water on a daily basis, and then kept dry. If you notice any redness, discharge, firmness around your incision, or abnormalities, please call my office immediately at 863-680-7312.

See reverse side for more information.