

Getting out of bed

- When you are allowed to leave your bed, first sit on the edge of the bed and hang your legs, if you are not dizzy, walk with the help of a nurse.

Starting daily activities

- Two weeks after operation, you can resume your daily activities, but avoid long standing and lifting heavy objects.

Postoperative exercise

- You should do the perineal exercise that was taught to you at home.
- This exercise is very simple. In any position whether sitting, standing or lying down, it is enough to contract the muscles between the urethra and the anus and pull them inwards and stay in this position for 30 seconds, then relax.

- The night before the operation, you will be washed the intestines and vagina to reduce contamination during the operation.
- Bathing reduces the chance of infection
- Take a bath the night before the operation and shave the operation area.
- On the morning of the operation, a urinary catheter will be placed for you.
- Note that on the day of the operation, remove all metal objects and artificial organs.

Postoperative Recommendations

- You should not eat anything on the first day.
- Once the nurse gives you permission, the liquid diet will start for you, and you can gradually use other foods with the doctor's opinion.
- To prevent constipation and pressure on stitches, you should use plenty of liquids and high-fiber foods (vegetables and fruits).
- Walk and use stool softeners as prescribed by the doctor.

Definition of prolapse

The uterus and vagina are kept in place in the pelvis by ligaments and muscles. If these supporting muscles and ligaments are weakened or loosened due to stretching, which often happens due to childbirth and aging, the uterus and uterine wall may move and fall down.

Symptoms: Urinary incontinence, frequent urination, strong urge to urinate, feeling of pressure, vaginal protrusion, back and pelvic pain, pain during intercourse.

Causes of uterine prolapse: obesity, chronic cough, straining during defecation and difficult childbirth

Prevention: Maintain a healthy weight. Eat a natural and balanced diet. Prevent constipation.

Preoperative Recommendations

- The night before the operation, have a light dinner like soup and fast from midnight



Amir-al-Momenin Medical-Educational & Research Center

Repairing the relaxed muscles of the bladder and anus

Patient Training

Confirmed by: Dr. Shahrazad Aghaamo
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Time to have sexual relation

- It takes 1 to 2 weeks to improve stitches.
- Avoid intercourse for 6 weeks.

Refer to the clinic

- Visit the clinic one week after discharge.

In case of sudden pain, increased pain or bleeding, fever, it is necessary to refer to the hospital immediately.



Source: Bruner Suddarth's 2018.

- Do this exercise 10 to 20 times a day. In order for the effects of exercise to become tangible, it is necessary to do this exercise continuously for 6 to 12 weeks.
- To prevent constipation, use a high-fiber diet containing vegetables and fruits.
- Drink plenty of fluids to prevent urinary tract infections.
- Wear cotton clothes and change them daily.
- To disinfect the stitches, sit in the Betadine basin twice a day.
- Keep the operation site clean and dry.

Preventing urinary incontinence

Before removing the urinary catheter, in order to prevent urinary incontinence, the nurse closes and then opens the catheter several times. When your urine collects, you may feel pressure in your bladder, which is normal.