

## Transvaginal gynecological surgery

You have been scheduled for a transvaginal gynecological operation. This is an operation which is performed through the vagina. This technique is used to repair uterovaginal prolapse and to remove the uterus.

### Preparing for the surgery

Preparing for the surgery starts at home. For more information, you can read [Preparing for a gynaecological surgical procedure](#). **Arrive to the hospital according to the instructions detailed in your admission letter on the day of the surgery or the day before the surgery.** You will meet the doctor performing your operation at the ward before the operation starts.

### Transvaginal operation

The operation is usually carried out under regional spinal anesthesia, or, less frequently, under general anesthesia. The incision or incisions are located in the vaginal fornix or the walls of the vagina. If the operation is performed to repair prolapsed tissue, a medical mesh can be used to support your own tissues.

### After the procedure at the hospital

In the beginning, you are monitored at the surgery unit's recovery room after the operation for a few hours. Adequate pain management and anti-nausea medication is always a part of any surgical procedure, and it continues at the recovery room and at the inpatient ward.

Often, a tampon is inserted into the vagina to support the operated area. A urinary catheter is also often inserted, and it will be removed a couple of hours after the operation is complete. After the catheter has been removed, a nurse can, if necessary, measure the amount of retained urine in the bladder with an ultrasound or by draining the bladder with a single-use catheter.

Getting up on the day of the surgery promotes recovery and the return of normal bowel functions, and it decreases the risk of developing blood clots. You should move around according to your own strength, but remember to rest as well.

### Discharge from the hospital

You will be discharged on the day of the surgery. However, please note that having an adult who can collect you from the hospital and who can spend the night with you at home is

prerequisite for being discharged. **Medical leave** is usually prescribed for 3 to 4 weeks, depending on the procedure.

### **At home after the surgery**

You will receive individual instructions on postoperative care at home, as well as written instructions: [After a gynaecological procedure \(https://hoito-ohjeet.fi\)](https://hoito-ohjeet.fi)