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## Prolapse operation – outpatient surgery

A prolapse operation has been scheduled for you. This is an outpatient surgery procedure, during which the prolapses are repaired surgically through the vagina. The operation can be performed to repair anterior and/or posterior vaginal prolapses.

**A nurse will call you** with instructions on how to prepare for the surgery **on the week preceding your operation**. You can also contact the hospital yourself if you have questions about the operation.

### Preparing for the operation

**Wash yourself the evening before your operation.** Remove all jewelry and leave them at home. On the day of the surgery, wear comfortable clothes that are easy to remove.

#### Eating and drinking

You can eat and drink normally before the operation.

#### At home medication

**You can take your prescribed medication as ordered**, if you have not received separate, specific instructions not to do so. If you use an asthma inhaler, eye drops, or an insulin pen and a blood glucose monitor, please take them with you to the hospital. If you use **natural products** such as Omega or VitaePro supplements, **stop taking these supplements one week before the procedure**.

#### Premedication

If possible, take **1 gram of paracetamol** as premedication before you arrive at the hospital.

#### Laboratory tests

Pre-surgery laboratory tests are usually required, and instructions for the tests has been included with your appointment letter. The tests are taken **about a week before your procedure** at your municipal health center's laboratory. You need to book an appointment for these tests yourself.

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## The operation

The operation is carried out under local anesthesia, and if necessary, you will receive intravenous pain medication. The surgical incision will be made in the walls of the vaginal canal.

## After the procedure at the hospital

After the operation is over, your recovery is observed at the recovery unit. You must be able to urinate before you can be discharged. If necessary, a nurse can use an ultrasound to make sure that your bladder is emptying properly. If necessary, a tampon is placed in your vagina after the operation to support the surgical area. It is removed before you are discharged from the hospital.

You can leave the hospital when you feel well enough to do so, usually in the afternoon on the day of the operation. You must not drive yourself home after the operation.

**Sick leave** is usually prescribed for 3 weeks.

## Recovery after the procedure

If needed, you can use over the counter pain medication at home.

Sick leave is for recovering and gathering your strength. **Avoid strenuous exercise and lifting for the duration of the sick leave.** You can start doing light exercise and pelvic muscle exercises immediately after the procedure.

It is common to experience postoperative bleeding for 1 to 4 weeks after the operation. The sutures in the vagina are absorbable. **Due to a risk of infection**, we recommend against swimming, bathing and using tampons or a menstrual cup during postoperative bleeding. Avoid intercourse for 4 weeks after the operation. We recommend that you only use water to wash your genital area after you have used the bathroom.

## Contact the hospital responsible for your care

If you start experiencing heavier bleeding, increasing pain, foul-smelling discharge, or you develop a fever.