

# Post-op Precautions

## Urinary Incontinence Surgery

- 1 Post-surgery Care**
  - Take all prescribed medications as directed to promote wound healing.
  - Avoid alcohol, smoking, instant foods, flour-based foods, and ramen.
- 2 Sitz Bath**
  - For the first 2 weeks after surgery, perform a sitz bath once or twice daily.
  - Begin from the day after surgery: use the prescribed disinfectant solution mixed with warm (not hot) water.
  - Sitz baths help reduce pain, promote faster healing of the wound, and keep the area clean without discharge.
- 3 Daily Activity**
  - You may resume normal daily activities immediately.
  - However, avoid excessive physical activity for at least 2–3 weeks during the recovery period.
  - Sexual activity may resume 4–6 weeks after surgery.
  - If vaginal tightening (vaginoplasty) was performed together, wait 6–8 weeks before resuming.
- 4 Physical Restrictions**
  - For at least 1 month after surgery, avoid lifting heavy objects, hand-washing laundry, or engaging in strenuous exercise, as these may reduce the surgical effect.
  - Refrain from exercises that put weight on the lower body.
  - Be careful not to gain weight, especially abdominal fat, as it can negatively affect recovery and results.
- 5 Discharge & Bleeding**
  - Vaginal discharge and slight bleeding may occur for 2–3 days, and in some cases up to a week or longer.