



Post Operative Instructions Obtryx II Procedure

- Diet:** Return to your normal diet.
Be sure to have enough fruits, vegetables, fluids and fiber to prevent constipation.
- Activity:** Avoid lifting more than 15 pounds for 4 weeks.
Avoid lifting more than 25 pounds for 3 months.
You may shower or bathe.
You may climb stairs.
Walking is good after surgery but do not over do it!
Go easy and slow and increase activity, as you feel better.
No strenuous exercise for 3 months.
- Driving:** No driving for one week or if still on any pain medication.
- Pain Meds:** As you increase your activity you may have more pain. Use Ibuprofen, Motrin, or Advil first if you are permitted to use these types of drugs. If you need more use the prescription given. If given antibiotics, use daily as directed. Pain in the inner thigh is normal for the first 4 – 6 weeks.
- Bladder Function:** Please try to get up at night to void once or twice the night after your surgery. Expect some urinary frequency for up to 72 hours. Some leakage of urine is normal for the first few weeks.
- Constipation:** Please use fiber, good fluid intake and over the counter Metamucil, Citracel, Fibercon or Colace as needed to keep stools soft.
- Intercourse:** None for the first 6 weeks after surgery. No tampons or douches. Your surgeon will advise you based on your individual healing time.
- Foley:** If you go home with a Foley catheter in place, it is normal to feel some pressure and discomfort from the catheter. You may also have leakage around the catheter. It is normal to see some blood in your urine. Be sure the catheter is not kinked and the urine flows into the bag. If you go home with a catheter, you will be taking an antibiotic each day. You will need to be seen in the office for catheter removal after 2-4 days.
- Follow-Up:** **You should be seen 2-4 days after surgery if the catheter is left in, or 2-4 weeks after surgery if you go home without the catheter.**
- Call 647-0494
Immediately if: You have fever, shakes, severe pain or if you are experiencing difficulty voiding.

It is the hope of the professional staff at *Bedford Women's Care Associates* that your surgical experience has not been unduly stressful and that your recovery will be rapid and uneventful.