

What can I expect during my recovery from surgery?

It is not possible to predict how each individual will recuperate following her surgery, but I will attempt to offer some guidelines as to what you will likely experience following your reconstructive procedures.

The number of specific procedures and the total length of time of your operation are the most important factors when considering your recovery. With more extensive repairs, you will require more healing time, and you are also exposed to more anesthetics. Although modern anesthesia has greatly decreased the "hangover effect" and nausea after surgery, you could be more susceptible than others. If you have been through surgery before and suffered from a difficult recovery, please let me and the anesthesiologist know about this, so we both can make recommendations to improve your recovery. In general, most of the surgeries that I perform are either out-patient procedures, or may require one or two nights stay in the hospital.

What can I do during my recuperation?

Most of my patients will return to the office 2 weeks after their surgery for an initial post-operative check-up to assess how you are doing and to review your surgery. A follow –up visit at six weeks post surgery is used for an examination to assess the healing process.

- Initial walking after surgery is encouraged, or other similar light exercise. If you do too much during this period, your body will let you know with increased pain and or fatigue after your "work-out"
- We encourage our patients to refrain from driving for one week, because if you were required to make any sudden movements in the car, we would not want the pain from your surgery preventing you from performing an evasive maneuver to avoid an accident.
- We do suggest that you refrain from straining, such as with a bowel movement or with picking up heavy objects. I have a lifting weight limit of 10 pounds for the first 6 weeks after your surgery.

When can I go back to work?

Again, it depends upon the extent of surgery that you required. Out-patient sling procedures for urinary incontinence can allow you to return to work as early as 4 to 5 days, while extensive reconstructive procedures may require a few weeks or more. You also need to understand that during the healing process, while the majority is done in the first month after surgery, will continue over the next year!