

## **Prolapse Surgery Questions to Consider Asking Your Doctor**

What type of prolapse surgery procedure are you proposing?

Why do you recommend this type of surgical procedure?

What are the general risks for women undergoing this particular prolapse surgery procedure?

What are my individual risks with this particular operation (short and long term)?

How often do you perform this operation?

What is your individual success rate? How many repeat operations do you perform after this particular type of prolapse surgery?

What are my alternatives to prolapse surgery for managing my prolapse?

How long will I need to stay in hospital?

How long will it take for me to fully recover from prolapse surgery?

How long will I need to take off work?

How can I best prepare for this particular type of prolapse surgery? (for example diet, exercise, pelvic floor rehabilitation, bowel management )

Can I expect to return to the same activities that I currently do long-term? (for example work activities, caring for grandchildren, gardening)

When can I return to my regular activities after my prolapse surgery?

Your doctor will have a particular protocol that he/she likes patients to follow regarding when to return to regular activity.

Will I notice any difference during sexual intercourse after my surgery?

When can I return to general exercise after surgery?

Can I return to the same type of exercise that I regularly perform?

Are there any long-term restrictions on my general activity or exercise after this surgery? e.g. how much weight can I safely lift? How often?

When should I commence pelvic floor exercises (Kegels) after prolapse surgery?

What can I do after surgery to reduce my risk of repeat prolapse?

Do you work with a team of health professionals that you can recommend?

