

# Exercise advice following gynaecological, bladder and pelvic floor surgery

## Introduction

This leaflet aims to help guide you through your recovery from gynaecological surgery.

## What can I expect after surgery?

Following your operation you may have difficulty or discomfort carrying out normal activities. Your operation may have been performed through your abdomen (tummy), your vagina (birth canal) or laparoscopically (key hole). The time it takes to recover after these different types of surgery will vary.

## Length of stay

You will usually be admitted to hospital on the day of your operation. Most women go home between 2 and 4 days after their operation but it may be sooner for laparoscopic surgery.

## What to do when you wake up from your surgery

Get up and move.

You can avoid complications from surgery such as pneumonia, blood clots and muscle weakness by starting these exercises:

1. Leg exercises:
  - Rotate your feet to the right and left.
  - Wiggle your toes and bend your feet up and down.
  - Stretch your legs out straight.

Repeat these 4 to 5 times every half hour while you are awake.

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Department

Therapy

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## Patient Information

2. Deep breathing exercises:
  - Sit upright and take a deep breath to the bottom of your lungs. Allow your tummy to rise and feel your lower ribs move outwards. Repeat these at least 10 times every waking hour.
  - Place a small pillow or blanket over your tummy, take a deep breath and cough. Repeat this every hour you are awake or every time you need to cough.
3. Getting out of bed with assistance:
  - Roll onto your side.
  - Push up with your hands. ○ Lower your feet over the side of the bed.
  - If you have stitches in your tummy you may want to give some extra support by holding onto your tummy with a rolled towel or your hands as you come forwards.
4. Get up and walk regularly with assistance.

## Toilet advice

It will help your bladder and your bowels if you drink normally (1.5 to 2 litres per day). See our 'Fluid and caffeine intake for bladder and bowel health GHPI0533' leaflet for more information. You may have a urinary catheter in your bladder to start with. Once this has been taken out and you can use the bathroom please try to sit properly on the toilet. Take your time and relax using 5 or 6 long slow deep breathes to help you. Ideally you should be passing water every 3 to 4 hours during the day time. If you are having any difficulties passing water or you are not getting the normal sensation of needing to go please tell your nurse or doctor immediately.

Try to avoid getting constipated after your operation as this can put extra strain through both the pelvic floor muscles and the cuts made for your surgery. Drinking enough fluids will really help as will eating plenty of vegetables, fruit and fibre. Discuss whether you need laxatives with your nurse or doctor before you go home.

**Patient  
Information**

Use the following position to help your bowels to open:



Knees higher than hips  
Lean forward and put elbows on knees  
Bulge abdomen  
Straighten spine

It is quite common for patients to feel more wind than usual. Getting out of bed and walking about will help it release.

## At home

You should continue to walk several times a day. You can gradually increase the distance and speed. The recommended daily exercise is half an hour each day. Slowly build up to this. Many women are able to walk for 30 to 60 minutes after 3 to 4 weeks. It is common to experience fatigue after surgery. Having a daily lie down and resting with your feet up can help. Increasing your walking has also been shown to improve fatigue.

## Lifting

In order to stop putting strain on the pelvic area too soon after surgery, you should avoid lifting heavy objects such as shopping baskets, heavy roasting dishes, watering cans, small children for 3 months. This also applies to excessive stretching. You can start vacuuming and ironing 4 to 6 weeks after your surgery. For prolapse surgery please see the information leaflet you have been given by the surgical team.

## Exercises to help your recovery

### 1. Pelvic floor exercises

The pelvic floor is a sling of muscles between your coccyx (tailbone) and your pubic bone. Its purpose is to maintain continence, support the pelvic organs and stabilise the pelvis.

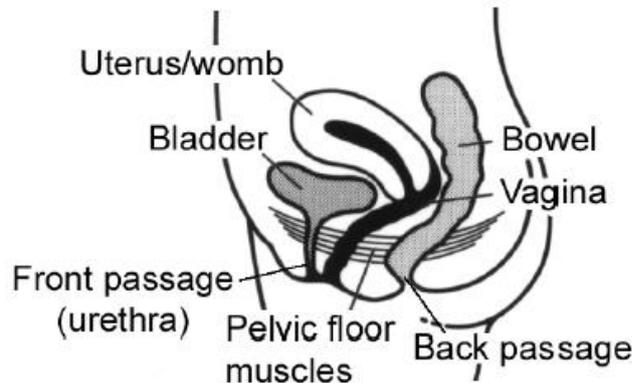


Figure 1: Side view of the female pelvis

Pelvic floor muscles can weaken after pelvic surgery so it is important that you get them working again soon after your operation to help your recovery and prevent problems in the future. Once the urinary catheter has been removed and you are passing water normally it is safe to start exercising your pelvic floor muscles gently, even if you have stitches in the birth canal (vagina).

To contract the pelvic floor, gently squeeze around the back passage like trying to stop wind and around your front passage like trying to stop the flow of urine midstream. Hold this for as many seconds as you can (up to a maximum of 10 seconds). It is recommended that 24 repetitions are performed daily. Try doing 8 holds 3 times per day.

It is important to do the exercises in a variety of positions, for example, lying, sitting and standing to make sure that the muscle works well to support your pelvis. See our 'Pelvic floor exercises for women GHPI0259\_04\_19' leaflet for more information.

## Patient Information

You could also consider using an app such as Squeezy© to help you remember to do the exercises regularly. Squeezy© has been designed by chartered physiotherapists specialising in women's and men's pelvic health. Please visit [www.squeezyapp.com](http://www.squeezyapp.com) for more information.

## 2. Abdominal exercises

- You should start to do gentle stomach exercises within the first few days after your operation.
- Start with the deep muscles (Stage 1) as they reduce the strain on your back and pelvic floor. Once this becomes easy to do, you can progress to working the outer muscles (Stage 2).

**Stage 1:** This exercises the deepest muscles of the stomach, which acts like a corset to stabilise the spine and pelvis and help flatten your stomach and draw in your waist-line.

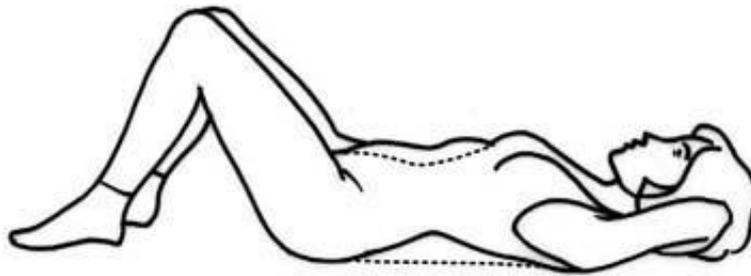


Figure 3: Stage 1 abdominal exercise

- Lie on your back with a pillow under your head, your knees bent and feet flat on the floor, see Figure 2.
- Let your tummy sag.
- Breathe in gently.
- As you breathe out, gently draw in the lower part of your stomach, towards the floor, squeezing your pelvic floor muscles at the same time.

Repeat this exercise 4 to 5 times, with a few seconds rest between each one. Aim to build up gradually holding the muscles in for a maximum of 10 seconds and repeating up to 10 times in one go. You can do this 2 to 3 times a day.

## Patient Information

**Stage 2:** Once you are comfortably exercising the deep muscles, you can progress to Stage 2 of the programme.

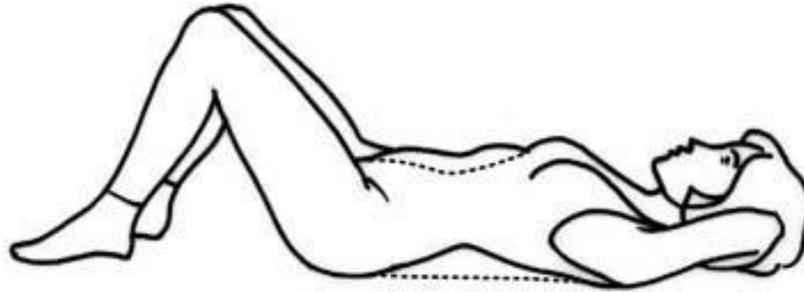


Figure 4: Stage 2 abdominal exercise

### The pelvic tilt

- Lie in the position shown (Figure 3) and perform the deep stomach exercises.
- Gently squeeze your pelvic floor and buttocks, tilt your pelvis up and flatten your back onto the floor or bed.
- Do not lift your bottom off the floor or bed.
- Hold this position for a maximum of ten seconds.
- Release slowly.

### The head lift

- Perform a pelvic tilt as described above.
- Squeeze your pelvic floor muscles.
- As you breathe out, lift your head only.
- Hold for a few seconds.
- Release slowly.
- Rest for a few seconds.

## How can I progress this exercise?

Once you feel confident with the head lift you can progress by:

- Prolonging the hold, up to a maximum of 10 seconds.
- Raising your head and shoulders.
- Repeat 2 to 3 times a day.

**Patient  
Information****Remember**

- Tighten your pelvic floor muscles as you do the exercise.
- Breathe out as you contract your muscles.
- It may take several weeks before you progress to this stage; this is nothing to worry about.

**Returning to normal activities**

Recovery varies from person to person and your return to normal activity should be gradual.

For the first 6 weeks to help your healing and avoid straining the surgery and your pelvic floor:

- ✓ Start your pelvic floor exercises.
- ✓ Start your abdominal exercises.
- ✓ Walk every day, starting with little and often to build on the distances you managed in hospital.
- ✓ Stand for less than 30 minutes at a time.
- ✓ Minimise lifting as much as possible.

**Resuming sports**

Try low impact exercise such as low level pilates, cross trainer, more vigorous walking, gentle aerobics from about 6 weeks. You will need to wait until any vaginal discharge and bleeding has stopped before starting these exercises.

**Swimming**

This can usually be resumed within 2 to 3 weeks as long as any vaginal bleeding and discharge has stopped.

**Contact/high intensity sport**

These should be avoided for at least 8 to 12 weeks. If you have had surgery to repair a prolapse please see the information leaflet you have been given by the surgical team.

**Patient  
Information**

## Driving

Before you return to driving you must feel able to concentrate and to carry out an emergency stop without any pain or discomfort in your pelvic area. You should start with short journeys.

Contact your insurance company to find out when you are covered to start driving again. Their rules on this can vary.

## Having sex

You should usually allow 4 to 6 weeks after your operation for your scar to heal. It is then safe to have sex, as long as you feel comfortable. If you experience any discomfort or dryness, you may wish to try a vaginal lubricant. Think about using positions where you are more able to control the amount of penetration. If you have any ongoing issues please ask your GP for advice. Alternatively you can self-refer to see a physiotherapist; visit [www.gloshospitals.nhs.uk](http://www.gloshospitals.nhs.uk) and type in 'physiotherapy self-referral' for more information.

## Returning to work

Everyone recovers at a different rate, so when you are ready to return to work will depend on the type of work you do, the number of hours you work and how you get to and from work. You should aim for a graded return to work with a gradual increase in the hours and activity.

**Patient  
Information****Contact information**

Recovering from an operation is a very personal experience. If you need any further advice, you can contact a women's health physiotherapist:

**Cheltenham General Hospital**

Tel: 0300 422 2345 (answerphone)

**Gloucestershire Royal Hospital**

Tel: 0300 422 8303 9 (answerphone)

Please leave a message and we will try to get back to you within 5 working days.

Email: [ghn-tr.womenshealth.physio@nhs.net](mailto:ghn-tr.womenshealth.physio@nhs.net)

Website: [www.gloshospitals.nhs.uk/our-services/services-we-offer/physiotherapy/how-can-i-see-physiotherapist/](http://www.gloshospitals.nhs.uk/our-services/services-we-offer/physiotherapy/how-can-i-see-physiotherapist/)

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