

# Female Pelvic Medicine & Reconstructive Surgery Frequently Asked Questions (FAQs)

## Talking With Your Doctor

### PHYSICIAN OFFICE

- What type of pelvic floor condition do I have?
- How severe is it on a scale of 1 to 10?
- What are non-surgical and surgical treatment options?
- What are the pros/cons of having non-surgical treatment before having surgery?
- If surgery, what type of surgery do you recommend?
- Why are you recommending this type of surgery and what are the risk factors I should consider?
- Do you recommend using mesh during the procedure and should I be concerned about possible complications?
- How much experience do you have in performing this type of surgery and what is your success rate?
- How successful will the surgery be in relieving my symptoms and will it do so permanently?
- What steps can I take to optimize my health in preparation for surgery?

### OPERATIVE

- How long will I be in surgery and recovery?
- Who will be administering my anesthesia and what type of anesthesia will be used?
- Will the surgery require in-patient hospitalization? If so, for how long?
- Will medications be given for post-operative pain and what are they?
- What steps will be taken to avoid nausea and/or constipation from anesthesia and medication use?

### POST-OPERATIVE

- How do I contact you if I have post-operative complications?
- What is the average recovery time of the procedure?
- How long before I can resume normal activity (normal lifting, sexual intercourse, work)?
- What can I do to prevent incontinence or pelvic organ prolapse recurrence?
- Will I be referred post-operatively for physical therapy? To whom?
- What happens if the surgery is unsuccessful?



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