

BMDA Pelvic Floor Exercises (Kegels)

Doing Kegel exercises before and after surgery will help strengthen and tighten your pelvic muscles. These are the muscles that you use to hold back gas and to control the flow of urine from your bladder. Doing these exercises will help also to reduce urine leakage.

How to do Kegel Exercises

Before surgery, you can identify your sphincter muscle and make sure you are tightening the correct area by practicing the exercises while urinating. See steps 1 through 3 below.

After surgery, begin the exercises after the catheter is removed. You will be exercising the muscle that you use to stop the stream of urine while urinating:

1. To identify the correct muscle, simply start and stop your stream using only your urinary sphincter muscle. Squeeze the sphincter muscle as hard as you can for 2 seconds and do this 6 times in a row. Hold the 6th squeeze for at least 10 seconds.
2. After you have completed 6 squeezes, rest for a while. Six squeezes are referred to as one “set.”
3. Complete another set of 6 squeezes. This time, you may practice the exercise without urinating, perhaps lying down on a bed or sitting in a chair.

These exercises can be done while you are standing, sitting, lying down – almost any time. Continue Kegel exercises after you are completely dry. The exercises will help maintain muscle tone and stamina.

Points to Remember

It will take approximately 2-3 weeks for the exercises to be effective. Improvement is slow, but steady.

You may have less leakage in the morning and early afternoon that you do in the late afternoon and evening. The pelvic muscles become tired at the end of the day.

You can also download the App “Squeezy for Men” (or just “Squeezy” if female) for helpful pointers.

Ask your nurse or doctor if you have questions.