



# Las Vegas Urogynecology

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## POST-OPERATIVE INSTRUCTIONS FOR SLING PROCEDURE

You have just undergone a sub-urethral sling operation for the treatment of stress urinary incontinence. Now you play a pivotal role in your recovery and the long-term success of the surgery. The sling is made of a loosely woven polypropylene mesh material, initially held in just by friction. Over the next several weeks, your own tissues will grow into the sling material and make it much more stable and secure.

This “tissue in-growth” process begins a few days after your procedure and lasts for weeks.

If you do not already have a follow-up appointment, please call our office to make one for **two to four weeks** after the operation.

- Most patients will be able to void before leaving the hospital. If you have to go home with a catheter, you will be asked to come to our office the next morning for a “voiding trial”. Please call the office and we will tell you when to come in. Sometimes we can explain to you over the phone how to remove the catheter.
- You may **shower** when you get home, but do not take a tub bath or go swimming for two weeks following surgery.
- For the first two weeks you should not lift, push, or pull any objects weighing more than **8 - 10 lbs** (about the weight of a gallon of milk). Routine activities such as getting dressed, shaving legs, etc., are fine. Low impact exercise such as stretching; “easy” Yoga or Pilates moves; and aerobic exercise limited to walking is okay. In fact, **WALKING IS ENCOURAGED!!**  
Avoid swimming, biking and high-impact aerobics. You should not be carrying groceries or the laundry basket, or operating a vacuum cleaner.
- After two weeks, you can resume most physical activities, except for high impact exercises (running, jumping) and limit lifting up to 20lbs.
- Do not strain very much when trying to have a bowel movement. You will probably need to use a stool softener after your surgery. If you are getting constipated and need suggestions about treating the constipation – **PLEASE CALL THE OFFICE.**
- If you have problems or questions that need to be addressed after office hours or during the weekend, you may call the office number (702-233-0727) to reach our answering service.
- Over-the-counter pain medicine such as Tylenol or Advil should be used primarily. You may also need to use the prescription narcotic pain medication you were given. Please contact us if your pain is not adequately controlled.

- In addition to the stool softener and pain medication, you will be given antibiotics to take for several days following your surgery. You may resume all of your prior medications unless specifically indicated by us.
- Do not have sexual intercourse, douche, or place anything in the vagina for six weeks after surgery .
- It is normal to have a minimal amount of **vaginal discharge**, which may last up to six weeks following surgery. This discharge may be yellowish in color, or sometimes **bloody**. Please call if you think it is excessive or if you have concerns about your incisions.
- You will notice a little incision on the side of each side, which is covered by skin glue. This will come of on its own with time. It is okay to peel it off after one week.
- Your urinary stream will be different, and at times may be slow. This is normal and will improve with time.
- You will also notice that it is difficult to stop your urination in the middle of urinating. This is normal.
- Occasional urinary urgency and frequency are also common for a few weeks after surgery.