

## **POST OPERATIVE INSTRUCTIONS**

### **Suburethral Sling (TVT or TOT):**

You have had surgery to correct urinary stress incontinence, and usually will go home the same day. You may have some light vaginal bleeding. You may also have a frequent urge to void (empty your bladder). You will have a catheter in the bladder when you get to the recovery room and this will be removed when you are wide awake. You will attempt voiding and the nurse in the recovery room will determine if you are emptying well enough to discontinue the catheter. If not, you may need to have the catheter replaced, keep it in overnight, and be seen in the office the next day to have it removed.

#### **Week 1:**

1. Rest at home; not responsible for making meals for others, or major care of children, or relatives.
2. Up and around the house as desired including stairs if necessary; do not become overtired; take an afternoon nap.
3. May shower or bathe as long as the incision site is not soaked.
4. There are no dietary restrictions.
5. Refrain from intercourse for 4 weeks.
6. Use either the prescription for pain or Tylenol or Advil (ibuprofen) equivalent for pain.
7. You may drive a car when you have no pain
8. Make an appointment for a post op check 14 days after surgery.
9. The most common infection after sling surgery is a bladder infection. You will be given instructions and a kit for keeping the vaginal area clean. There is some evidence that taking a daily cranberry supplement for the first 6 weeks after surgery decreases the risk of urinary tract infections. We recommend TheraCran 4 capsules per day or other cranberry supplement.

#### **Week 2:**

10. Increase your activity as desired, but avoid all major housekeeping chores.
11. Walking inside or outside is encouraged, but do not become overtired.
12. Rest for one hour each afternoon.

#### **Week 3-4:**

13. All activities are OK except heavy housework or exercise.
14. Discuss return to work with you doctor.
15. It remains important not to be come overtired or to perform any heavy lifting, strenuous exercise or physically demanding duties for a total of 4-6 weeks from the date of operation. Healing is not complete for 6 weeks from the time of surgery.
16. Make an appointment for the final post op check 6 weeks after surgery.

Please call the office if you have a fever of 101 F or higher.

Please call the office (443-849-2767) if you have any questions. After hours, there is always someone on call, available by phoning 443-642-0454.