

Center For Urology
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SURGICAL PROCEDURE:

Tension-free Vaginal Sling Procedure

DISCHARGE INSTRUCTIONS:

- 1) No strenuous activity at all !
ie. = no exercise, no lifting, shoveling or sports, no sex, no grass mowing,
no riding on a lawn mower. ----- walking is allowed (slowly).
- 2) You may or may not have a catheter in your bladder when you leave the hospital. It is very common after this procedure to be unable to void. If you do have a catheter, you will be instructed on how to empty the bag, and switch from leg bag to overnight drainage bag.
- 3) Take your antibiotics as prescribed.
- 4) Take your pain medication as needed, but realize that this medication can cause constipation and it therefore may be advisable to take a laxative.
This medication can also affect your reflexes and judgement.
- 5) Avoid driving a car for the first two weeks.
- 6) You may shower in 48hrs, but no baths/swimming for 14 days. Remove any dressing first. If you have steri-strips (tiny pieces of 'tape') on your skin you may leave them in place until they come loose on their own.
- 7) Do not pull on or apply traction to the catheter (tube). It will be removed in the doctors office.
- 8) Continue to take your routine medication unless your doctor has advised you differently. Do not take Asprin for 5days.
- 9) Keep your follow-up appointment.

CALL YOUR DOCTOR:

If you develop fever or chills. If the catheter stops draining.
If you develop bleeding or increased redness at the incision or if it o-pens up.