

Atlantic Urogynecology Associates

Morristown (973) 971 -72 67

Overlook (908) 522 -7335

POST-OPERATIVE INSTRUCTIONS: **SUBURETHRAL 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 loosely knitted polypropylene mesh material - held in just by friction initially. Over the next several weeks, your own tissues will grow into the sling material making it much more stable and secure. This "tissue in-growth" process begins a few days after your procedure and lasts for weeks. Therefore we recommend that our patients be restricted in their activity for at least **4 weeks** after the operation.

- If you do not already have a follow-up appointment, please call our office to make one between 2 to 4 weeks after the operation.
- Most patients will be able to void (i.e. urinate) 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."
- For 4 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 OK. 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.
 - 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 same number (above) to reach our answering service. When doing so, please indicate whether Dr. Culligan, Salamon or Saiz performed your surgery.
 - For most patients, the pain from surgery is minimal to moderate and EASY TO CONTROL. 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 we have given you. Please contact us if your pain is not easy to control - especially the same day as or the next day after your surgery.
 - 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 intercourse, douche, or place anything in the vagina for 4 weeks after surgery. You may shower when you get home, but do not take a tub bath or go swimming until your surgeon tells you that it's ok to do so.
 - It is normal to have a minimal amount of vaginal discharge, which may last up to 4 weeks following surgery. This discharge may be bloody or may be yellow in color. Please call if you think it is excessive or if you have concerns about your incisions.

We hope these instructions will be useful to you. If there are any questions not covered by these Instructions, please contact us at the above number

