

INSTRUCTIONS: POST TRANSVAGINAL SLING

DIET:

1. It is okay to eat or drink whatever you want.
2. We encourage you to increase your fluid intake.

ACTIVITY:

- Avoid heavy lifting or exercise for 4 - 6 weeks.
- It is okay to shower after discharge from the hospital. No bathing for four weeks.
- It is okay to climb stairs when discharged from the hospital.
- Walking is good exercise and it improves the circulation. Do not overdo it! Go easy at first and slowly increase the distance as you feel better.
- Avoid strenuous exercise for 5 days.

DRIVING:

No driving for one week unless otherwise directed.

PAIN MEDICATION:

You will be given a prescription for pain medication when discharged from the hospital. As your activity increases, you may experience increased discomfort. This is normal. Take your medication as directed.

ANTIBIOTICS:

You will be given antibiotics to take at home when discharged from the hospital. Please make sure you take all of your antibiotics.

SEXUAL ACTIVITY:

No intercourse for 4 - 6 weeks.

FOLEY CATHETER:

If you go home with a catheter, it is normal to feel some pressure and discomfort from the catheter. You may also experience some leaking around the catheter; this is normal. It is common to experience some blood in your urine around the catheter when moving your bowels. Make sure the tubes are not kinked so the urine flows freely.

FOLLOW-UP:

Our office staff will call you to make an appointment in our office 1 - 2 weeks after your surgery.