

# Urology Associates of Rochester, LLC

995 Senator Keating Blvd., Building E, Suite 330  
Rochester, NY 14618

## Transvaginal Sling

A Transvaginal Sling is a procedure that involves placing a supporting strip of material under your bladder and securing it to the abdominal wall or pelvic bone with a permanent suture to support or stabilize your bladder to help relieve urinary incontinence.

### **PREPARING FOR SURGERY: THINGS YOU SHOULD KNOW**

1. You will be admitted to the hospital the day of your surgery. You will be discharged after the procedure.
2. If you are on IBUPROFEN or drugs for ARTHRITIS or INFLAMMATION, please discontinue five days before the procedure. If you are on ASPIRIN or aspirin products, please discontinue two weeks before the procedure. If you are on HERBAL SUPPLEMENTS, please discontinue one week before the procedure.
3. If you are on COUMADIN, please consult your primary care physician or cardiologist before discontinuing.
4. If you take antibiotics prior to dental work, have an orthopedic prosthesis, or were told by another physician to take antibiotics prior to surgery, please call the office.
5. If you take blood pressure, thyroid or seizure medication, you may take it with a sip of water the morning of your surgery.
6. No eating or drinking after midnight the night before your surgery except for medications as mentioned above.
7. No alcohol 24 hours prior to surgery.
8. We suggest you wear comfortable clothing.
9. You will be receiving anesthesia for this surgery. You will see an anesthesiologist who will discuss this with you prior to your surgery.

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### **RECOVERING FROM SURGERY: WHAT TO EXPECT**

You may awake from surgery with a catheter which will drain urine from your bladder. Further instructions will be given by your physician if you go home with a catheter.

You may awake from surgery with vaginal packing in place to absorb blood. This is usually removed prior to discharge.

### **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:**

1. Avoid heavy lifting or exercise for 4-6 weeks.
2. It is okay to shower after discharge from the hospital. No bathing for 4 weeks.
3. It is okay to climb stairs when discharged from the hospital.
4. 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.

#### **DRIVING:**

No driving for one week unless otherwise directed. If you have a catheter in place, do not drive. Do not drive while on pain medication.

#### **SEXUAL ACTIVITY:**

No intercourse for 4-6 weeks.

#### **PAIN MEDICATION:**

You have been given a prescription for pain medication to take at home when discharged from the hospital to relieve your discomfort. As your activity increases, you may experience increased discomfort. This is normal. Take your medication as directed.

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### **ANTIBIOTICS:**

You have been given a prescription for antibiotics to take at home when discharged from the hospital. Please make sure you take all of your antibiotics.

### **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.

You may also experience blood from your vagina. This is normal. You may want to wear a pad or panty liner for a few days after your surgery.

### **FOLLOW-UP:**

**Your follow up office visit has been scheduled for:**

If you have any questions or concerns, please call us at **(585) 232-2980**.