



## SURGERY CENTER

Phone: (224) 612- 7000

# URETHRAL SLING DISCHARGE INSTRUCTIONS

### WHAT TO EXPECT

- A sling made from a strip of mesh was inserted to keep your urethra in place and holds it closed even when your bladder is full.
- You should have less or no urine leakage when you sneeze, cough, laugh or exercise. You may find it hard to empty your bladder initially with the sling but this gets better in 2 weeks.
- It is normal for your pubic bone to feel bruised and sore. Cramping in the lower abdomen and vaginal spotting up to 1 month is common. These symptoms will improve gradually.

### ACTIVITY INSTRUCTIONS

- Anesthesia takes **24 hours** to wear off. No driving/operating heavy machinery during this time.
- Please REST and take it easy after surgery. Anesthesia can make you feel light headed and dizzy.
- It is ok to shower the day after surgery. No submerging in tub baths, pools, hot tub for 4 weeks.
- Increase your daily activity and exercise gradually as tolerated.
- Avoid strenuous activity or heavy lifting (greater than 10-15 pounds) for 2 weeks.
- Do not douche, use tampons or put anything in your vagina for 6 weeks.
- No sexual activity for 6 weeks after your procedure. Please consult your doctor on timing.

### DIET INSTRUCTIONS

- Eat a light meal after surgery as anesthesia can make you nauseous. Nothing greasy or spicy.
- Resume your normal diet as tolerated.
- Increase your fluid intake and hydration (preferably water) over the next week.

### MEDICATIONS

- Take Tylenol (500 mg every 6 hours) as directed for any pain or discomfort.
- If you were prescribed a narcotic medication for more severe pain, please take only as needed and do not drive while taking as it can cause confusion, drowsiness and constipation. Over the counter stool softeners are available if needed.

### CONTACT YOUR DOCTOR'S OFFICE IMMEDIATELY IF YOU EXPERIENCE THE FOLLOWING:

1. Fever greater than 100.6, severe chills, continued nausea or vomiting
2. Severe pain that doesn't go away with pain medication
3. Increasing amount of blood in your urine or very large blood clots
4. Inability to urinate

*Please go to your nearest Hospital Emergency Department if you experience chest pain, difficulty breathing, or other emergency signs or symptoms.*



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**FOLLOW-UP**

**URETHRAL SLING DISCHARGE INSTRUCTIONS**

- Call your doctor's office to schedule a follow up appointment (if not already scheduled).

**\*If you have any questions or concerns regarding your surgery (even after business hours or over the weekend), PLEASE CALL THE 24 HOUR ON CALL NURSE at 224-612-7000.**

*Please go to your nearest Hospital Emergency Department if you experience chest pain, difficulty breathing, or other emergency signs or symptoms.*