

Instructions for Recovery: "Sling" Procedure

ACTIVITY:

Generally you need to be very inactive for 1 week: no lifting over 10 pounds and no vigorous activity (running, lifting weights, etc.). Try to avoid movements like crouching or bending over to pick things up off the floor. Sitting down in a chair is fine. Some coughing or sneezing is unavoidable, but try to limit this as much as possible during the first two weeks.

Note that the above restrictions do not automatically mean "no work". Some patients can return to work within a few days, depending on the type of work they do and how they feel.

After one week, gradually increase to your normal activity by 2-3 weeks – with the following exceptions: no tampons, douching, or intercourse until 2 weeks after surgery.

If you are having an additional operation at the same time as the sling, follow the instructions which tell you the longest period of inactivity.

PAIN:

Most women do experience some general discomfort in the perineal area (between the legs) after the procedure, but many report that they did not need more than Tylenol or Ibuprofen to control the discomfort. However, we provide a prescription for a medium-strength narcotic just in case.

DRIVING:

Please do not drive for 1-2 days after the procedure. After that time, assuming you are not needing narcotic pain medication, you may drive as long as you can quickly move the proper foot to the brake pedal without pain.

DIET:

You may resume your regular diet when you wake up after the operation, provided that you aren't nauseated. Keep in mind that it is important to avoid constipation during recovery, so eat a balanced diet with fiber in it. Stool softeners are recommended until bowels are moving regularly.

BATHING:

You may shower any time after the procedure, but do not soak in a bath tub, swimming pool or hot tub for at least 2 weeks.

WOUND CARE:

You will have two tiny incisions visible, one on either side of the labia (on the inner thigh). There is a steri-strip, or strip of tape, covering the incision; please leave the steri-strip in place until it falls off or peels off easily (usually 2-3 weeks).

In the vagina, there is a small stitch that absorbs over time and does not need to be removed. It usually falls out within 3-4 weeks after the surgery. It is tan to yellow in color, and you may see it during the first few weeks after surgery. It can easily be removed in the office if it is bothersome to you.

REASONS TO CALL:

Please call if you experience any of the following: fever; constipation; severe pain; inability to urinate; feeling of not emptying after urination; redness, swelling, or drainage from the skin incisions; or vaginal bleeding (more than just spotting).

FOLLOW-UP:

Please call the office (749-0639) to schedule a follow-up appointment in 3 to 4 weeks. At that time, we will also ask you to make another appointment for 4 months following the surgery. Please note that there is **NO** additional charge for follow-up visits.