

## POST-OPERATIVE INSTRUCTIONS

### SLING PROCEDURE

*You have had a sling, a procedure to restore the normal position of the urethra. To help your recovery at home, please follow these guidelines:*

1. Take the full-page prescription to your pharmacy and have it filled. Take your antibiotics as ordered by your doctor or until the bottle is empty.
2. You may feel some pain at the incision sites. Your doctor may order pain pills to relieve this pain. If so, please take them as instructed on the bottle. If your doctor has not ordered pain pills, you may take an “over the counter” pain medicine such as Tylenol 1000 mg every 4 hours or Advil 600-800 mg every 6 hours.
3. You have two small incisions near the crease between your legs and your bottom. The incisions have been closed with skin glue, which is waterproof and should flake off in a few days.
4. You may bathe or shower daily. Wear loose comfortable clothing. Do not touch incisions. Do not douche or use tampons for 4 weeks.
5. You may feel some nausea from the drugs used during your surgery. To lessen this feeling, try eating a light diet such as tea, gingerale, jello, broth, crackers, or toast. When you feel ready, you can begin to eat your normal diet. Include high protein foods in your diet to help the healing process. To avoid constipation, include high-fiber foods such as fresh fruits and vegetables. Try to drink 4 glasses of water a day, unless you are on a special diet.
6. Avoid strenuous activity and lifting (more than 25 pounds) for the 2-3 week recovery period. Continue your daily activities. Sexual intercourse is not advised for 4 weeks.
7. A follow-up appointment should be made for 2 weeks after surgery. Please call to schedule as soon as possible.
8. Please call your doctor if: **a)** you have a temperature over 100.4 degrees F.; **b)** there is blood in your urine or you have a burning sensation when you urinate; **c)** you are passing small amounts of urine often, or your bladder feels full, but you are unable to pass more than a few drops of urine; **d)** you have increased vaginal bleeding, pain or redness in the area of your surgery site, or if there is an opening, drainage, or a foul smelling discharge from your incision.

**CALL YOUR DOCTOR IF YOU ARE UNABLE TO URINATE WITHIN 4 TO 6 HOURS AFTER YOUR SURGERY. YOU MAY NEED TO RETURN TO HAVE A CATHETER PLACED IF YOU CANNOT URINATE ON YOUR OWN. THIS MAY OCCUR DUE TO SWELLING.**

**UTAH VALLEY WOMEN'S CENTER  
OFFICE TELEPHONE NUMBER 801-357-7009**