

Bladder Sling (TOT)

We are committed to ensuring that your post-operative experience is as comfortable as possible. The following information will answer frequently asked questions and help you understand your recovery. Please do not hesitate to call the office with any additional questions.

After the surgery you will be asked to void before you are sent home. If you are unable to void on your own you may need to go home with a catheter and come back to the office the next day to have it removed.

HOW MUCH ACTIVITY CAN I DO AFTER SURGERY?

- No driving while taking narcotic pain medications or if you do not feel strong enough to stop the car in an emergency.
- Gradually advance your activity. You should NOT be bedridden after your surgery. Walking is encouraged.
- You are allowed to use the stairs if you feel you are able. Take one stair at a time.
- No strenuous exercise for 6 weeks.
- No lifting more than 5 pounds for 6 weeks.

WHEN CAN I RESUME SEX?

- Intercourse should be avoided for 4 weeks.
- Nothing in the vagina during that period of time.

WHEN CAN I TAKE A SHOWER?

- You may shower or bathe as you wish.

HOW LONG WILL I HAVE BLEEDING AFTER SURGERY?

- It is normal to light bleeding after surgery which may persist for several days to a week.
- If you experience heavy bleeding that is enough to saturate 2 or more pads in an hour, call the doctor or go to the emergency room.

HOW SHOULD I MANAGE MY PAIN AFTER SURGERY?

- **Ibuprofen** 600 mg every 6 hours.
- **Hydrocodone/acetaminophen** will be available for break through pain. You can take one tab every 4 hours or 2 tabs every 6 hours. It is best to stagger this medication with the ibuprofen so they are not taken at the same time.

You will need an appointment

- 1 week after surgery
- 6 weeks after surgery

Call if you experience:

- Inability to urinate
- Fever > 100.4 degrees
- Heavy vaginal bleeding (>2 pads/hour)
- Severe pain, not relieved by your pain medications
- Persistent nausea and vomiting
- Foul smelling vaginal discharge

Monday-Thursday 9AM-4PM call 586-1717

After hours call 796-8913

I NEED TO URINATE BUT I CAN'T, OR I ONLY PASS A FEW DROPS

Urinary retention is the inability to pass urine through the bladder. A very small number of patients will develop this problem due to the anesthetic or swelling from the surgery. Most patients will have their bladder catheter removed immediately after the surgery. If you are sent home and are not able to pass urine, please go to a local emergency room or call the office. A catheter will be placed to allow the bladder to drain, and will be removed several days later in the office. It is important to have this catheter placed to avoid injury to the bladder.

I FEEL LIKE I CONSTANTLY HAVE TO GO TO THE BATHROOM EVEN AFTER I EMPTY MY BLADDER:

This may be a normal sensation for the first several days after surgery, as long as you are able to pass urine. The most common infection after this procedure is in the bladder. If these symptoms persist for more than 2-3 days call your doctor. You should take the antibiotics that are prescribed for you after your surgery. There is some evidence that daily cranberry supplements can reduce the incidence of bladder infection after surgery. You can elect to take TheraCran 4 capsules daily for 6 weeks.