

HENDERSON & WALTON

WOMEN'S CENTER, P.C.

SLING FOR STRESS INCONTINENCE

DISCHARGE INSTRUCTIONS

GENERAL:

Vaginal sling procedures are mostly done on an outpatient basis. However in some special cases, it may be necessary for us to keep you in the hospital following your procedure. This procedure is done through the vagina. A small incision is necessary just above the hairline or in the thigh creases for placement of some sutures or the mesh. We do use absorbable sutures in the vagina and these will take approximately 2 weeks to dissolve. Due to the small size of the incision, there is less discomfort and a rapid recovery when compared to other surgical options.

PAIN MANAGEMENT:

When you are discharged from the hospital, you will be given a prescription for pain medication. Some patients may or may not need this pain medication as it will depend upon your personal tolerance for pain as well as your tolerance for this type of medication. In an effort to better tolerate your pain medication, please make sure that you have eaten prior to taking. Most patients will find that if they take aspirin, Tylenol, or drugs similar to ibuprofen or naproxyn on a timed schedule for a few days, they will require much less of the prescribed pain medication. When taking prescribed pain medications, please take only as directed by your physician.

Should you experience any of the following symptoms after surgery, please notify your physician:

1. A yellow-green vaginal discharge with a persistent odor
2. Temperature over 101 degrees
3. Unusual pain
4. Heavy or unusual bleeding
5. Difficulty emptying your bladder or extreme urinary frequency
6. Chest pain or shortness of breath

DIET:

You may resume a normal diet as soon as it can be tolerated. In the days following your surgery you should try to increase your intake of fluids, especially water and avoid the use of alcohol with prescribed pain medications.

CONSTIPATION:

There should not be a problem with constipation due to surgery or pain medication if you eat a well balanced diet. Here are some things that you can do to help prevent this uncomfortable problem.

1. Include roughage in your diet: fruits and vegetables- especially prunes, lettuce and celery. Increasing dietary fiber such as bran cereals can also help.

2. Drink water daily.
3. You may use over-the-counter laxatives, milk of magnesia, mineral oil, or stool softeners if needed.

ACTIVITY:

It is recommended that you rest often and stay at home for the first several days following your surgery. You are encouraged to begin walking the day after your surgery. By doing so, it will help prevent complications such as blood clots and pneumonia and will enhance your recovery process. Walking up and down stairs is allowed in moderation. It is recommended that you refrain from any heavy lifting, strenuous work and activity during the recovery period. We recommend that you not operate any equipment or drive a car for 48 hrs following surgery or while taking prescribed pain medications. It may require four to six weeks following your surgery before you are completely able to resume all normal activities. Recovery is progressive, and each day you will feel better.

BATHING:

Showering, bathing, and washing your hair are perfectly acceptable.

SEXUAL INTERCOURSE:

Avoid intercourse until your physician sees you at your post-operative appointment.

RETURN APPOINTMENT:

At the time of your discharge, please call our office and make an appointment with your physician for two to four weeks after surgery. If you have any problems or questions prior to this appointment, please do not hesitate to contact our office 930-1800.