

# Urology Associates of Rochester

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Dear Pat FName :

**Your Transvaginal Sling is scheduled at:**

**on**

**The hospital/surgical center will notify you of your arrival time for your procedure.** Your pre-surgical testing will be done at your/the .

A Transvaginal sling is a procedure that involves placing a supporting strip of material under your bladder and securing it to the abdominal wall or pelvic bone with a permanent suture to support or stabilize your bladder to help relieve urinary incontinence.

## **PREPARING FOR SURGERY: THINGS YOU SHOULD KNOW**

1. You will be admitted to the hospital the day of your surgery. You will be discharged when you are fully awake, alert, and taking fluids by mouth. Usually it is about two hours after your surgery.
2. If you are on **Coumadin, Plavix, or Aspirin** for coronary stents, you **must consult your Cardiologist or Primary Care Physician** for management and proper discontinuation of drug prior to your surgery. If you are on **Aspirin or Aspirin Products** for preventative measures, or drugs for **Arthritis or Inflammation**, please discontinue one week before the procedure. If you are on **Herbal Supplements** (anything that is not prescribed by a physician), please discontinue one week before the procedure.
3. If you take blood pressure, thyroid, or seizure medication, **please follow the instructions given to you at your Pre-Operative appointment on how to take these the day of your procedure.**
4. No eating or drinking after midnight the night before your surgery except for blood pressure or other medications as mentioned above.
5. No alcohol 24 hours prior to surgery.
6. You will be receiving anesthesia for your procedure and will meet with an anesthesiologist prior to surgery. **You are unable to drive, drink alcohol or sign legal documents for 24 hours after receiving anesthesia.**

## RECOVERING FROM SURGERY: WHAT TO EXPECT

1. You **MAY** awake from surgery with a catheter in your urethra, which drains urine from your bladder. This allows your urinary tract to rest and recover. This is usually removed before discharge however, if you have a catheter in, and are being discharged home with it, the physicians and nurses will explain all this during your hospital stay.

### INSTRUCTIONS: POST TRANSVAGINAL SLING

**DIET:**

1. It is okay to eat or drink whatever you want.
2. We encourage you to increase your fluid intake.

**ACTIVITY:**

1. Avoid any heavy lifting or exercise for 4 - 6 weeks.
2. It is okay to shower. **No bathing** for 4 weeks.
3. It is okay to climb stairs when discharged from the hospital.
4. Walking is good exercise, which improves circulation. Do not over do it! Go easy at first and slowly increase the distance, as you feel better.
5. Avoid any squatting for 4 weeks.

**DRIVING:** **No driving for one week unless otherwise directed.**

**MEDICATIONS:** Please refer to the surgery medication list provided.

**SEXUAL ACTIVITY:** **No intercourse for 4 - 6 weeks.**

**FOLEY CATHETER:** (Tube in your urethra which drains your urine.) Most patients have their catheter removed prior to being discharged. However, if you go home with a catheter in, it is normal to feel some pressure and discomfort from the catheter along with some leaking around the catheter. You may experience some blood in your urine or around your catheter when you move your bowels along with some blood from your vagina, this is normal. You may want to wear a panty liner for a few days after your surgery. Always make sure that the tubes are not kinked so the urine can flow freely. If the catheter is not draining well or if leakage is excessive around the cath, please call the office at **(585)232-2980**.

**FOLLOW-UP:** Your follow up appointment is scheduled for N DShort at N Time in our N Loc Name office.

**Please note:** You will need to report to the office 10 minutes prior to your scheduled appointment time.

**If you have any questions or concerns, please call us at (585)232-2980.**