



# COMPREHENSIVE

## UROLOGIC CARE

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### Mid-urethral Sling (Trans-obturator approach)

#### Postoperative Instructions

##### DIET:

You may resume a normal diet as soon as you feel ready after your procedure. It is common for 24 hours after anesthesia to avoid heavy meals and start slowly with clear liquids. Eat plenty of fiber-rich foods for the first 1-2 weeks. Alcoholic beverages are best avoided in the first 24 hours and while taking any narcotic pain medications. It is important to drink plenty of water (6-8 glasses daily) after your mid-urethral sling.

##### ACTIVITY:

For the first two weeks after your surgery you will need to severely limit your activity. This includes no golfing, tennis, and jogging, working out/stretching activities, squatting, horseback riding, bowling, biking/cycling, lawn work such as mowing, raking, shoveling, sexual activity, and any lifting more than 15 lbs. Nothing should be placed in the vagina (tampons, etc.) except estrogen cream (if so prescribed). You may shower beginning 48 hours after the procedure. No baths or hot tubs for at least one week as this can increase risk of wound infection. Discuss any specific work-related concerns you have with your urologist.

##### MEDICATIONS:

Your urologist will likely prescribe a narcotic pain medication-take this as needed per the instructions. Note that these medications can cause upset stomach and be constipating. Many patients do not require anything stronger than extra-strength acetaminophen (Tylenol) or ibuprofen. A preventative antibiotic may be given for a 24-hour period after your surgery. You should also take a daily stool softener or mild laxative.

It is important that if you take a daily blood-thinning/anti-platelet medication (Coumadin/warfarin, aspirin, Lovenox, Pradaxa, Eliquis, Xeralto, Plavix, etc.) that you only restart this as instructed by your physicians.

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**BOWELS:**

It is very important to avoid constipation as you recover from your mid-urethral sling-straining can weaken the repair. Drink plenty of fluids (especially water). Narcotic pain medication can be constipating and it is important to take an over-the-counter stool softener/laxative to help prevent constipation (Miralax, milk of magnesia, Colace, etc.).

**EXPECTED SYMPTOMS:**

It is common to have some bloody drainage from the vagina for 1-2 weeks. You can wear a light pad as necessary. Many patients can have soreness in the hip or down the inner thigh after their surgery. This generally improves in several days. Urinary urgency and frequency can be present after surgery and if bothersome, will be addressed at your follow-up appointment. Contact us for passage of large blood clots from the vagina, severe abdominal pain, foul-smelling vaginal discharge, fevers/chills, or difficulty emptying your bladder.

**FOLEY CATHETER:**

In rare cases a foley catheter is required after your mid-urethral sling surgery. Instructions regarding the timing of the foley catheter removal will come from your surgeon at the time you leave the hospital.

See "Foley Catheter Care Instructions."

**FOLLOWUP APPOINTMENT:**

Our office will contact you to schedule your follow-up appointment. This will typically be in 1-2 weeks.