

- Description:** You have just undergone a **sling operation/ sacrocolpopexy** for the treatment of stress incontinence. Now you play a role in your recovery and the long-term success of the surgery. The sling is made of a loosely woven polypropylene mesh material - held in just by friction initially. Over the next several weeks, your own tissue will grow into the sling material and make it much more stable and secure. This "tissue in-growth" process begins a few days after your procedure and lasted for weeks.
- Hospital Stay:** Outpatient/ Same Day Surgery
- Anesthesia:** General
- Post-Op Visit:** 4 weeks
Your post-op appointment is generally made at the same time as your surgery appointment. If this was not done then an employee will be calling you in the next few days to get that appointment set up, if you do not hear from us then please call the office.
- Stitches/ Sutures:** The stitches used will dissolve on their own.
- Dressing:** No dressing is needed following this procedure.
- Urination:** Most patients will be able to void before leaving the hospital. If you have to go home with a catheter, you will be asked to come to the our office in the next few days for a voiding trial.
- Bowel Movement:** Do not strain very much when trying to have a bowel movement. Avoid becoming constipated!
- Diet:** You should avoid foods that cause constipation.
- Shower:** You may shower when you get home, but don't take a tub bath or swimming for 4 weeks following surgery.
- Drive:** You will need to have someone drive you home from the procedure.
You may resume driving when you have stopped taking the narcotic medication (if prescribed).
- Activity**
Limited for 4 weeks.
Should not lift, push, or pull any objects weighing more than **8- 10 lbs** (about the weight of a gallon of milk). Routine activities such as getting dressed, shaving legs , ect are fine.
Low impact exercise such as stretching, "easy" Yoga or Pilates moves, and aerobic exercise limited to walking is OK. In fact, WALKING IS ENCOURAGED!! Avoid swimming, biking, high impact aerobics. You should not be carrying groceries, or laundry baskets, or operating a vacuum cleaner.
- Intercourse:** Do not have intercourse for 6 weeks after surgery.
- Work:** May return after post-op visit if you do not have a job that requires lifting.
- Travel:** May resume after post-op appointment.
- Medication:** Over-the-counter pain medicine such as Tylenol or Advil should be used primarily.
You may also need to use the prescription narcotic pain medication we have given you.
Please contact us if you pain is not adequately controlled.
You may need to use stool softeners after surgery. Please call the office if you are constipated.
Antibiotics will be given for a few days after surgery.
- Normal after surgery:** Vaginal discharge, which may last up to 6 weeks. This discharge may be bloody or may be yellow in color.
- Call the office IF:** If you have a fever over 101.5.
Excessive bleeding.
If you are concerned about your incisions.
Any other Questions or concerns.