

## **POSTOPERATIVE CARE AFTER URETHRAL SLING PROCEDURE**

### **The Procedure**

Pubovaginal Transobturator Sling is a minimally invasive procedure that typically lasts less than 60 minutes under regional or general anesthesia, depending on what you and your doctor choose.

Placing the sling generally involves the following steps. (Your doctor's method may vary slightly from this one.)

1. Two small incisions are made in the thigh crease on either side of the vagina.
2. Another small incision is made in the vagina to expose the urethra
3. Narrow sling carrier needles are passed through the thigh crease incisions and exit through the vaginal incision.
4. The mesh is attached to the sling carriers, and placed under the urethra.
5. Sling carriers are then removed, pulling the sling into position and creating a supporting hammock under the urethra
6. The vaginal and skin incisions are closed.

### **What to Expect After the Procedure**

Your doctor may insert a catheter through your urethra to drain urine from your bladder during surgery. The catheter usually is left in for a few days after the procedure to allow the bladder to continue to drain.

Your doctor will give you instructions on removal of the urinary catheter and postoperative follow up. Most women see results as soon as the catheter is removed, usually within a day or two after the procedure.

Although many women have little or no pain after the procedure, your doctor may prescribe pain medication for you if needed. In addition, your doctor may prescribe antibiotics.

The small incisions should heal quickly. For approximately four to six weeks you should avoid sexual intercourse, heavy lifting and exercise. You can return to other normal daily activities at your doctor's discretion, often within one to two weeks.

It is common to experience a small amount of vaginal bleeding or "spotting" for a few weeks while the vaginal incision is healing. This may gradually change to a yellow or clear discharge as you continue to heal.

Please follow your doctor's instructions carefully. They are important to ensure a successful outcome.