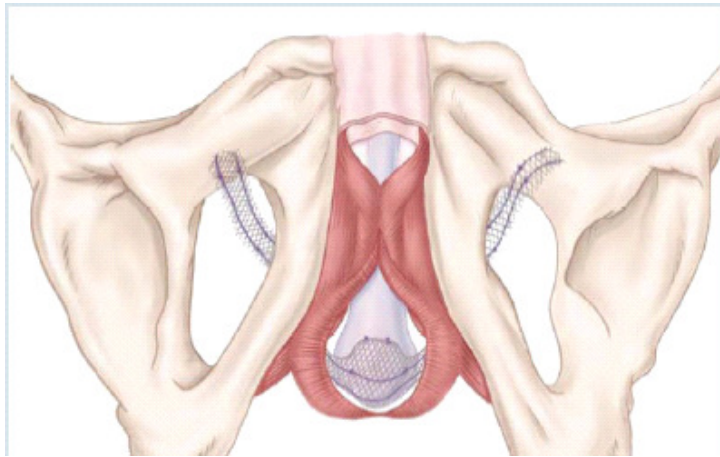


## Going Home After a Trans-Obturator Sling Procedure

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Name: \_\_\_\_\_



### What is a trans-obturator sling?

A sling is placed under your urethra to form a cradle that provides support. The support holds the urethra in place to correct stress incontinence.

### What should I do when I get home?

- You may have a small amount of spotting
- Use a mini-pad
- Do not use tampons
- No tub baths for 2 weeks
- You may shower the day after your surgery
- No caffeine or spicy foods for 2 weeks as these will irritate your bladder
- Do not lift over 15 pounds (laundry, groceries, children) for 6 weeks
- Do not vacuum, jog, cycle, aerobics or do any exercises for 4 to 6 weeks
- You may walk and gradually increase walking as you feel stronger
- Your doctor will tell you when you can return to your normal activities
- Your doctor will tell you when you can go back to work

- Do not have sexual intercourse for 4 to 6 weeks
- You may need to pass urine often at first
- It may take longer to empty your bladder
- You may have some bruising around the incisions
- The stitches in the vagina and groin will dissolve on their own
- Make an appointment to see your surgeon for a follow-up visit

### **What if I have pain?**

- You may take over-the-counter medicine such as acetaminophen (Tylenol) and ibuprofen (Motrin, Advil) unless your doctor or nurse tell you not to
- Your doctor may give you a prescription for pain medicine
- Do not take Tylenol if there is Tylenol in your prescribed medicine
- Be sure to follow the directions on the medicine bottles
- Take your pain medicine regularly for 1 to 2 days
- Pain medicine works best if you do not let the pain get too bad

### **Seek medical attention if:**

- Pain is not relieved by your pain medicine
- Any of your incisions are red, swollen or painful
- The drainage from any incision becomes bright red or smells bad
- Any incision becomes red and feels hot
- You have a fever greater than 38.0° C or 100.4° F

#### **Questions or Concerns:**

Health Link BC: 811

(604) 215-2400

Hearing Impaired: 1 866 889-4700

Or, contact your physician

**In an Emergency:** Call 911 or go to the hospital emergency room