

Affiliates in Urology

Dr Mahmood Hai, Dr Muzammil Ahmed, Dr Vijay Kotha
33545 Cherry Hill Road, Westland and 2421 Monroe St Suite 200, Dearborn
tel 734-595-1166 fax 734-595-6821 www.affiliatesinurology.com

Discharge Instructions For Transvaginal Sling Surgery

What to Expect After Surgery

1. If you have a **catheter** in your bladder, you may experience occasional spasms and leakage of urine around the catheter. You may also note some blood (or blood clots) in or around the catheter. This is normal and is nothing to worry about as long as the catheter is draining. Please secure it to your leg with tape or a strap to avoid accidental pulling. Please wash around catheter with soap and water daily. Call to arrange catheter removal as directed,
2. It is not uncommon to have a very small amount of drainage from your incisions. There are no staples or stitches to be taken out. There can be bruising around the incisions and a small scab (which is actually a skin glue).
3. Most women have a change in urinary control after surgery. You may require some form of protection, such as a pad. You will probably have some increase in your urinary urgency and frequency, which is temporary.

Activity and Diet

1. Do not lift more than 10 pounds at a time or perform strenuous activity (i.e., vacuuming). We encourage walking, but minimize the use of stairs.
2. Do not drive for 1 week after the procedure or while taking pain medications. During this time, do not ride in a car for more than 1 hour without taking a break.
3. You may take showers, but avoid a bath for 5 days.
4. Drink plenty of **fluids**. We recommend 24-30 oz. over your usual intake daily. Avoid caffeinated drinks, carbonated products and alcoholic drinks until urination has returned to normal.
5. Please take the medications as prescribed by your physician. You may resume your usual home medications unless directed otherwise by your doctor. Take pain medication only as needed. You may take Tylenol or Ibuprofen for milder pain.
6. Resume your regular **diet** slowly. Try lighter food such as soups if your appetite is poor. Some nausea after anesthesia is common.
7. **Do not strain** for bowel movement Expect irregular bowel habits for a few days and take laxatives (Milk of Magnesia, Miralax) and/or stool softeners (Colace) if experiencing constipation.

When to Contact Your Doctor

1. Excessive **bleeding** or large clots causing difficulty emptying the bladder
2. Inability to urinate or unusual pain with urination
3. Temperatures greater than **101.5 degrees**.
4. Excessive nausea and **vomiting** preventing you to keep down fluids or medication
5. Pain that is not controlled with medication
6. Significant **swelling** or pain in the legs, shortness of breath or chest pain.
7. An on-call doctor is available 24hours a day through the answering service **(313) 396-0736** for problems. However, if it is an emergency, call 911 and/or go to the emergency room and have them contact us.

Please call the urology office today to schedule your **follow-up** appointment. Our office can be reached by calling 734-595-1166 during normal business hours. If the office is closed, call the **answering service at (313) 396-0736** to reach the on-call physician for urgent matters.