



POST OPERATIVE INSTRUCTIONS FOR PAIENTS WITH MID-URETHRAL SLING INSERTION

After procedure there are stitches in the top wall of the vagina underneath the urethra. There are also puncture marks in the groin crease on each side at the top f the thigh with a single self dissolving stitch in each. The dressings on these external wounds may be removed after 24 hours and the wounds left open. The stitches will dissolve and break away within 2-3 weeks.

Initially you may find some slight difficult passing urine. You may have to press slightly harder than before the operation and to sit slightly longer to ensure that the bladder has completely emptied. There should however, be very little discomfort during the actual passing of urine particularly after the second post-operative day.

You will experience more discomfort in the inner thighs where you will have a feeling of stiffness and bruising in the tight muscle at the position where the tape was inserted. This will last between 1 and 2 weeks in total. During this time you will most likely find activities such as driving and climbing stairs uncomfortable. You will however be back to fairly normal activity within the first week and can restart sporting activities whenever you are comfortable in the second week after the operation. Sexual activity should be postponed for at least 3 weeks after the operation to allow complete dissolving of the internal sutures.

After the operation you may develop the feeling of urinary urgency and some difficulty in delaying urination. Once the bladder has recovered its strength and is used to the new pattern of voiding required to empty, these symptoms will usually disappear. If they are very troublesome let me know as there are medications available to take away the feeling of urgency. Your urinary flow and stream will get gradually stronger over a 3 month period and for the first 3 months you should spend a bit of extra time on the toilet when passing urine to ensure that the bladder is completely empty.

The control of leakage with coughing and sneezing is effective from the time of the procedure. You will discover in the first few weeks that it is no longer necessary to cross your legs or clench the pelvic muscles during these activities and you will gradually learn to stop doing this routinely.

I would like to see you for a follow up appointment 3-4 weeks after the operation at which time an ultrasound scan will be done to ensure you are emptying the bladder to completion and that there are no problems with the wounds. No further follow up will be necessary after that time as the control of leakage should be ongoing from then onwards.