

SLING PROCEDURE FOR STRESS INCONTINENCE

These instructions will help you take care of yourself at home.



DIET

After you reach home, start with clear liquids. Wait about 45 minutes and if you do not feel sick, try bland foods first, then progress to your usual diet.



ACTIVITIES

Rest today. Slowly resume your usual activity as tolerated. Avoid heavy physical exercise for two (2) weeks.



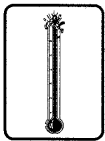
SPECIAL CARE NEEDED

"Pelvic rest." No sex, tampons or douches for four (4) weeks, or until your doctor says it is okay. A small amount of vaginal bleeding or pink discharge is to be expected. Some minor bleeding from the skin incision sites is normal. You may experience some leg discomfort at the incision sites.



MEDICATIONS

Take the medicine that has been prescribed for you as directed.



INFECTION

Infection is always a concern after surgery. Watch for these signs: **fever, chills, redness, swelling, pus, smelling discharge or increased pain.** Call your doctor if they happen.



WHEN TO CALL YOUR DOCTOR

Call 434-924-0000 and ask for "Resident on call" for Dr. _____ if:

- If you experience difficulty with urination or are unable to urinate within 4-6 hours after being discharged home
- Severe cramping
- No bowel movement in three (3) days
- Increase in pain
- There are signs of infection as above
- Heavy bleeding
- Vomiting lasting more than four (4) hours

Call 911 if you have chest pain or shortness of breath