

San Buenaventura Urology

in association with Community Memorial Health System

MARC A. BEAGHLER, M.D. © SEYED M. KHODDAMI, M.D.

2705 Loma Vista Rd., Suite 206 • Ventura, CA 93003

• Phone: 805-643-4067 • Fax: 805-648-5612

Adult & Pediatric Urology

VAGINAL/MID-URETHRAL SLING FOR INCONTINENCE (LEAKING URINE)

This procedure is usually outpatient under general anesthesia and the woman is able to recover quickly at home. The small incision is in the vagina and out of sight. Expect a small to moderate amount of drainage on a sanitary napkin for a few weeks. The drainage is yellow, or brown, or pink in color. A large amount of bright red blood is not normal and should be reported to the office. Usually by 3 months the woman is fully recovered and her leaking is 50 - 100% improved.

You may shower the day after you get home. Do not tub bathe or submerge in water until the NP/MD advise you it is OK.

Eat whatever is normal for you. Keep your bowels moving with increased fruits and vegetables. Add fiber if needed with Metamucil or Citracel. Try Colace to soften the stools, Senna or MiraLax as a laxative if needed. We want you to avoid straining and pushing downward to have a movement.

No vaginal penetration with sexual activity until the NP/MD advises you it is OK. This is usually after six weeks.

Use your vaginal estrogen cream as prescribed - Premarin or Estrace. This will promote the healing of the small incision and help the tissues regain strength.

Do your *Kegel* contractions daily. These are the muscles of the pelvic floor that lift and squeeze the vagina. Gently put a thumb in the vagina and feel the vaginal walls close in and

pull up on the thumb. This is a Kegel. Do 25 times 4 of these to build strength and promote circulation to the tissues. Do the contraction every time you are about to potentially leak or strain the pelvic floor - with change of position, getting in and out of the car, reaching, etc.

No lifting over 8 lbs., pushing, pulling, straining for six weeks minimum. You may fold the clothes out of the dryer, do not carry the basket! Do not push a vacuum cleaner. You may drive a car one day after surgery if you are not taking pain medication.

Check your temperature a couple times a day, a temp over 100.4 is too high and a sign of infection. Call the office and take Tylenol 650 mg.

Resume your normal medications when home from the hospital or outpatient surgery center. Take the antibiotics as prescribed, and the pain medication only if needed. Remember the pain medication is constipating.

Keep your post-operative appointment that is scheduled one week after surgery. We will discuss your return to work plans and how the healing is progressing, and any other follow-up you will require. Please bring State Disability forms-completed and postage on them ready for the doctor or NP to sign at that visit.