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### **Post Non-Bone Anchor Male Sling Instructions (Advance Sling)**

Procedure: Insertion of sling under urethra to correct incontinence

What to Expect:

1. Your incision is in the perineum. This is the space between the scrotum and anus. You will have a clear dressing (tape) on the incision. Allow the dressing to fall off by itself. Allow the water in the shower to run over the wound. Do NOT scrub the wound with soap.
2. There will be two 1cm incisions on your inner thigh. They will have skin glue on them. Allow the skin glue to dissolve away over time
3. You will feel pain and discomfort in the perineum (incision site) and deeper inside. Discomfort can last up to 4-6wks.
4. Under no circumstances are you allowed to do any strenuous activity for 4 weeks, even if are feeling better
5. You must avoid squatting and outward rotation of the thigh when bending down for 4-6 weeks
6. Delayed bowel movement. It may take up to 3-5 days before your first bowel movement. Do not push or strain to have a bowel movement.
7. You may have a very small amount of blood in the urine. Call your doctor if you are passing clots.
8. You may have a slight burning sensation when you urinate for 1-5 days. Your flow of urine may be slightly slower than normal. This is normal secondary to the swelling from the surgery.
9. You will be discharged home on a pain killer and an antibiotic.
10. There is a very small possibility you will be discharged home with a catheter draining your bladder. You will be taught how to use a leg bag to drain the bladder prior to discharge. This is NOT unusual. It is sometimes difficult to urinate after surgery because of all the swelling. See your physician 1wk after surgery to remove the catheter.



# urological surgical associates

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## Activity and Limitations:

1. Do NOT rest in bed all day. Walking and climbing stairs is **encouraged**.
2. **NO** heavy lifting, nothing greater than 10-15 pounds for 4-6wks after surgery
3. **NO** intercourse for at least 4-6wks after the procedure
4. Showers are OK 48hrs after surgery. **NO** tub baths, pools or Jacuzzis for 4-6wks

## Return to Work:

This is dependent on the type of work you do, please discuss this with your physician during your follow-up visit.

## Call your physician for the following:

Temperature > 101.5  
Inability to urinate