



10 Parsonage Rd, Suite 118
Edison, NJ 08837
Tel: 732.494.9400
Fax: 732 548 3931

3 Hospital Plaza, Suite 200
Old Bridge, NJ 08857
Tel: 732.679.2010
Fax: 732.679.2077

570 South Ave, Building A
Cranford, NJ 07016
Tel: 908.272.5335
Fax: 908.497.1633

Post - Urethral Sling (TVT-O) Surgery Instructions

Procedure:

Placing a sling under the urethra to correct stress urinary incontinence

What to Expect:

1. You will have a 1cm incision inside the vagina. Expect to have a small amount of vaginal discharge for 1-2wks
2. You will have two very small wounds in the inner thigh near your groin. You may feel some skin glue on these sites. This glue will dissolve away.
3. The majority of your discomfort will be in your inner thighs, outer thighs and buttocks. This soreness results from the positioning of your legs during the surgery. It is **OK** to take **ibuprofen** for this type of pain after the surgery.
4. It is not unusual to have to the soreness for up to 1-2wks
5. You may have a very small amount of blood in the urine
6. You may have a slight burning sensation when you urinate for 1-5days
7. You will be discharged home on a pain killer and antibiotic
8. You will need to urinate once prior to your discharge after the surgery

Activity and Limitations:

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

Return to Work:

This is dependent on the type of work you do. For the most part you can return to a desk job within a week of surgery. If you are more active at work please discuss this with your physician during your follow-up visit.

Call your physician for the following:

Temperature > 101.5
Excessive vaginal bleeding. Saturating a pad in less than 2-3hrs
Inability to urinate