



**PREMIER
UROLOGY GROUP, LLC**
Urological Surgical Associates Division

Jerold Grubman, M.D., F.A.C.S.
Andrei Kachala, M.D., F.A.C.S.
Benjamin Fand, M.D., F.A.C.S.
William L. Terens, M.D., F.A.C.S.
Joshua L. Wein, M.D., F.A.C.S.
Rupa Patel, M.D., F.A.C.S.
Neil D. Sherman, M.D., F.A.C.S.
Michael Lasser, M.D.

DIPLOMATES
AMERICAN BOARD OF UROLOGY

Post Bone Anchor Male Sling Instructions (In Vance Sling)

Procedure: Insertion of sling under urethra to correct incontinence

What to Expect:

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.

You will feel pain and discomfort in the perineum (incision site) and deeper inside. The anchors in the bone may cause pain in bony pelvis. Discomfort can last up to 6wks.

You may also experience pain and numbness in the scrotum. The numbness can take several weeks to resolve. The discomfort in the scrotum can also take several weeks to go away.

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.

You may have a very small amount of blood in the urine. Call your doctor if you are passing clots.

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.

You will be discharged home on a pain killer and an antibiotic.

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 swelling. See your physician 1wk after surgery to remove the catheter.

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



PREMIER
UROLOGY GROUP, LLC
Urological Surgical Associates Division

Jerold Grubman, M.D., F.A.C.S.
Andrei Kachala, M.D., F.A.C.S.
Benjamin Fand, M.D., F.A.C.S.
William L. Terens, M.D., F.A.C.S.
Joshua L. Wein, M.D., F.A.C.S.
Rupa Patel, M.D., F.A.C.S.
Neil D. Sherman, M.D., F.A.C.S.
Michael Lasser, M.D.

DIPLOMATES
AMERICAN BOARD OF UROLOGY

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