

# Instructions for Urethral Sling

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## Pre-Operative Instructions for Urethral Sling

- Use betadine vaginal douche for 3 nights prior to surgery. Instructions are included in this letter.
- Stop all blood thinning medications such as Aspirin, Elmiron, Ibuprofen, Aleve, St. John's Wort, and Vitamin E two weeks prior to surgery. Notify our office if you are on Coumadin (warfarin), Heparin, or Plavix so we can coordinate with your physician.
- Take your routine medications the morning of surgery with a sip of water unless otherwise instructed by anesthesia personnel at your pre-op appointment.
- Nothing to eat or drink after midnight night before surgery.

## Post-Operative Instructions for Urethral Sling

- Surgery is a constipating experience. Prevent constipation with walking, Colace, fiber, and water. If needed you can add Milk of Magnesia. We do not want you to strain at all, so do whatever it takes to avoid constipation.
- We encourage you to walk daily to aid healing and help with discomfort and bowel movements.
- You should not have to have a catheter post-operatively unless you have trouble voiding when it is time to go home from the surgery center. 75% of patients have no trouble at all, but there is a small percentage of people who do have trouble after surgery.
- Post-op vaginal bleeding is normal and may occur for up to 4-6 weeks. Call office if saturating a thick maxi pad every hour or more frequently.
- Also call the office if you have poor urine flow, dribbling or not emptying well.
- Postoperatively you will be given an anti-inflammatory such as Mobic, Motrin, or Celebrex. Please take this for 2 weeks postoperatively even if you are not taking narcotic pain medication. You will also be given a prescription for

narcotic pain medication such as Percocet or Mepergan. Remember that narcotics can be constipating and can cause drowsiness or nausea.

- You should avoid heavy lifting, baths, and sexual intercourse for 4 weeks post-operatively.
- In the early post-operative period, it is not important to eat a lot, but it is vitally important that you drink plenty of non-alcoholic, non-caffeinated fluids. If you are unable to tolerate fluids because of nausea and vomiting, you need to contact us. Some nausea is common, but you should be able to hold fluids.
- If you need to go the ER for any reason after surgery, go the closest ER to prevent delaying care.

### Questions?

Contact the Center for Pelvic Health  
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