



LARAMIE PHYSICIANS FOR WOMEN AND CHILDREN

2710 E. HARNEY STREET, LARAMIE, WY 82072

WOMEN'S HEALTH
(307) 745-8991

PEDIATRICS
(307) 721-3118

Caring Hearts, Healing Hands

Transvaginal Sling Surgery Post-Operative Instructions

Activity

- Avoid lifting more than 15 pounds for 4 weeks and more than 25 pounds for 3 months
- You may shower or bathe normally
- Once your doctor says it is OK you can climb stairs and take walks, but strenuous exercise should wait for 3 months

Catheter

- If you go home with a catheter, it is normal to feel some pressure and notice leaking around the catheter. Make sure the catheter isn't kinked and to take antibiotics as prescribed.

Constipation

- Use fiber, fluids and over-the-counter stool softeners to avoid constipation

Diet

- You may resume your normal diet
- Make sure you are eating plenty of fruits and vegetables and drinking plenty of fluids

Driving

- You shouldn't drive for one week or if you are taking pain medication

Intercourse

- Avoid intercourse for the first 6 weeks post-surgery

Pain Medication

- Use Ibuprofen, Advil or Motrin to help with pain if your medical provider has approved—if the pain is severe, use prescribed medication

Follow-up Visit

- If you have a catheter, you need to be seen 1 week after the surgery
- If you don't have a catheter after surgery, 3 weeks should be your next visit

When To Call Our Office - (307) 745-8991

- If you have fever, shakes, chills or severe pain
- If you have any other questions or concerns