



## Post Op TVT-O Bladder Sling Instructions

***Now that you are being discharged, please remember:***

1. Please urinate as frequently as possible, every 2 to 3 hours, to avoid letting your bladder get overfilled.
2. You may have some vaginal bleeding (like a light period). You may also experience some pain in your thigh or your hips. These are common side effects and should go away in 1 to 2 weeks.
3. You may shower, but NO tub baths for 2 to 3 weeks.
4. You may resume normal everyday activities and return to work within 7 days.
5. **No strenuous activity or heavy lifting for six weeks.**
6. Absolutely NO intercourse, douching, or tampons for 4 weeks. These precautions help reduce the chance of infection.
7. You may be required to go home with a catheter to help your bladder drain. This is not unusual or a sign of trouble. It can often be removed in 3-4 days but occasionally may have to stay in for 1 to 2 weeks.
8. Notify us if you experience any of the following:
  - a. Heavy vaginal bleeding or foul vaginal discharge.
  - b. Inability to urinate within a 6-hour period.
  - c. Fever of 100°F or higher on 2 occasions.
  - d. Severe nausea and vomiting.
  - e. Severe pain.
9. Call and make an appointment today to see me in 4 weeks for a checkup.

Above all, remember we expect you to notify us if a problem arises before we see you in 4 weeks.

Sincerely,

Adam J. Fiedler, MD    R. Kevin Smith, MD    Gregory P. Moore, MD