



## **STRESS INCONTINENCE PROCEDURES POSTOPERATIVE INSTRUCTIONS**

- Remove vaginal packing one day after surgery.
- You can take a shower but do not take a bath for 6 weeks.
- You can eat your regular diet as tolerated.
- Take a stool softener 2x/day or Miralax daily for 4-6 weeks after surgery. You may continue this longer if you struggle with constipation. It is very important that you do not push or strain with bowel movements.
- You will be given pain medication following surgery to use if needed. Narcotic pain medication is constipating and should be discontinued as soon as possible. After 1-2 days, begin alternating pain medication with ibuprofen 600 mg and then transitioning to only ibuprofen 600 mg or Tylenol every 6 hours.
- Do not drive for 24 hours after anesthesia or while taking narcotic pain medication.
- You are encouraged to walk. You may go up and down stairs slowly.
- No strenuous activities, exercise, pushing/pulling, or lifting more than 10 lbs. for 6 weeks.
- Do not place anything in vagina for 6 weeks. No sexual activity for 6 weeks.
- There will be 2 small puncture sites above the pubic bone area or one of each inner thigh. Skin glue will cover each of these and will flake off over time. This area may become bruised, which is normal. Expect groin pain and muscular upper thigh discomfort which may last up to 4-6 weeks.
- Vaginal bleeding/spotting or discharge is normal for up to 6 weeks.
- Follow up appointment to be scheduled 4-6 weeks after surgery.
- If your bladder does not empty completely following surgery, you may need to perform self-catheterization after voiding/attempted voiding 3-4 times/day or have an indwelling catheter left in place until the bladder is able to empty.
  - Self-catheterization: You will receive instructions and supplies. Record catheterized urine volumes. You may discontinue catheterizations when volume is less than 100 ml for 2 consecutive catheterizations. Contact the office if still not emptying well within 1 week.
  - Indwelling catheter: Contact the office for trial voiding appointment within one week of surgery. It is not uncommon to have bladder spasms or a small amount of urine leakage around the catheter.
- Notify your physician regarding any fever over 101°F, uncontrolled pain, inability to void for 6 hours, or increased swelling/foul discharge from the incision sites.

**What if I have other questions regarding my procedure?**

For general questions and follow-up appointment information, please call The Urology Center of Iowa during regular business hours at **(515) 400-3550**. After hours for urgent issues not addressed here, you may call The Urology Center of Iowa and ask to speak to the provider on call. For emergencies, call **911** or go to the nearest emergency room.