



Samatha Kadiyala, M.D.
Specializing in Gynecology and Laparoscopy Surgery

INCONTINENCE SLING
POST-OP PATIENT HANDOUT

WHAT TO EXPECT POST PROCEDURE

- Vaginal spotting and discharge is normal and may last for about 6 weeks.
- You may still experience occasional incontinence, this procedure is intended to correct stress incontinence (leaking when laughing, coughing, sneezing and exercising). Urge incontinence may improve with sling but the extent of the improvement isn't known until about 10 weeks post surgery.

POST-OP INSTRUCTIONS- To heal properly and to make sure that you do not damage the sling before it can heal, please follow the instructions below.

- **PAIN:** Many women have little or no pain after the procedure. Most patient do well with taking 2-325mg Tylenol or 600 mg Ibuprofen every 6 hours. Please remember to take it easy and rest. You may get pain medication prescription if your physician thinks it is necessary.
- **RESTRICTIONS:** You will have an incision inside your vagina that needs to heal. Therefore, it is important to have pelvic rest until after your post-op visit. NOTHING in the vagina-NO tampons, sex, etc. for 6 weeks. NO lifting of more than 10 lbs for 2 weeks post surgery and NO lifting 20 lbs until 6 weeks post surgery as we want to make sure the sling heals in the proper location.

PRECAUTIONS-Please call our office if you experience any of the following symptoms:

- Heavy vaginal bleeding, filling a pad an hour for more than two hours consecutively.
- Increasing pelvic pain or abdominal pain.
- Redness over puncture sites.
- Inability to pass urine over 6 hours.
- Fever greater than >101F or above 100.4 for 4 hours.

OUR CONTACT INFORMATION

Office/answering service 979.266.9544

**IF THERE IS AN EMERGENCY, PLEASE GO TO THE ER AT CHI ST. LUKE'S
BRAZOSPORT HOSPITAL OR TO THE NEAREST ER. 979-297-4411**

FOLLOW-UP-We will see you in the office for follow-up 1-2 weeks after procedure.

215 Oak Drive S. Suite B
Lake Jackson, Texas 77566
Phone: 979-266-9544 Fax: 979-529-9737