



Parkway Surgery Center

827 82nd Parkway / Myrtle, SC 29572 / Phone 843-286-2020 / Fax 843-286-2026

Postoperative Instructions For Vaginal Sling

ACTIVITY - Rest is very important for the first week following this procedure. Do not lift anything which requires more than arm strength. Lifting, straining, driving, and intercourse are not allowed. After about a week you may resume all of your normal activities except heavy lifting and intercourse. Your physician will discuss when you are able to resume those activities at your post-op follow up appointment.

INCISION - The small incisions that you see have been closed with tiny tape strips and/or bandaids and may be removed after one week if they haven't already fallen off.

BLEEDING - This is normal. Bleeding heavier than a normal period is not normal-please contact your physician if this occurs.

PAIN - Some discomfort, especially soreness in the hips, thighs, and lower back is normal. Pain that is not adequately relieved by your medication or pain that is increasing in severity may need to be evaluated by your physician.

FEVER - If you suspect that you have a fever use a thermometer to take your temperature. If your temperature is greater than 100.4 you should contact your physician.

INTERCOURSE - No sexual intercourse for 4-6 weeks postoperatively. Ask your physician when it is safe to resume sexual activity.

DOUCHING - This is not permitted and may cause serious complications.

MEDICATIONS - Take medications as instructed by your physician. All medications used prior to surgery may be resumed unless otherwise indicated by your physician. Anti-inflammatories (Advil, Motrin, Ibuprofen, Aleve) may help to relieve any minor discomfort.

BATHING - You may shower the day following your procedure. No tub baths for one week.

SWIMMING - Leisurely swimming may be resumed 2-3 weeks after your procedure.

EXERCISE - Any strenuous exercise should be avoided until cleared by your physician.



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Postoperative Instructions For Vaginal Sling (cont.)

BOWEL MOVEMENTS - You may use a laxative or stool softener as needed.

APPOINTMENTS - A postoperative appointment will be scheduled for approximately 2-3 weeks following your procedure.

VAGINAL PACKING - You may or may not have vaginal packing postoperatively. If you do it will either be removed in the recovery area prior to your discharge or you may be instructed on how to remove the packing at home.

URINARY CATHETER - You may or may not have an indwelling foley catheter postoperatively. It may be removed in the recovery area or you may be taught how to remove the catheter at home. In some cases you may be asked to return to your physicians office for removal by a nurse.

PLEASE CALL YOUR PHYSICIAN WITH ANY OTHER QUESTIONS/CONCERNS.