

# Northwest Iowa Surgeons

## Outpatient Sling Discharge Instructions

*It has been our pleasure to take care of you. If you have any questions about your care, please contact our office during normal business hours at 712-262-6320. After hours or weekends, please call the Spencer Municipal Hospital Emergency Room at 712-264-6100*

### Medications and Pain Management

Immediately after surgery, nerve pain is the most intense, typically for the first 6 to 12 hours. As the body heals, it creates inflammation around the incisions sites adding pressure and creating soreness. After 5 days, the inflammation begins to recede and significant improvement in soreness is expected.

There are two types of pain pills typically used for post-operative pain management, narcotics such as Vicodin or Norco and an anti-inflammatory such as Ibuprofen or Naprosyn. Taking regular anti-inflammatory pills, such as 3 200mg liquid gel caps of Ibuprofen 3 times per day for the first 5 days and then as needed is recommended. If you have problems using NSAIDs, be sure to discuss this with your doctor. The narcotic can be used on a schedule for the first 1 to 2 days but after that, only as you need it. Narcotics can cause constipation, nausea, sleepiness and headaches.

You may begin your usual home medications as you were taking before unless directed by your doctor.

### Incisions

You have incisions inside the vagina as well smaller ones either over the pubic bone or on the inside of the upper thighs, depending on the type of sling you had. The stitches will dissolve on their own and do not need to be removed. You may run water over the incisions and blot dry to clean, peroxide or antiseptics are not recommended. Please do not soak in a bath for 2 weeks after surgery. A few weeks after your procedure, you may note an increase in vaginal discharge from the suture material dissolving, this is normal.

### GI Function

Nausea can occasionally be an issue in the first few days after surgery. It is usually caused as a side effect from the pain medicine, particularly narcotics. Taking the pain pills with food is a good way to proactively minimize this. Throwing up, especially after the first day, is not expected and if this happens, you should call your doctor.

Having surgery and taking medications can cause constipation. Over the counter Miralax is a good idea to help keep your bowels moving smoothly.

### Voiding

Because the bladder is disturbed by the surgery, the normal sensation may be temporarily altered. You may not be aware that your bladder is full. If the bladder is allowed to get over distended, it may make the problem worse. This is why we make sure that you are able to empty your bladder adequately before you go home. For the first few days at home, you should make a point to empty your bladder every 3 to 4 hours.

If you had a sling placed, it may take longer to empty your bladder and you may have to tilt forward while voiding. After a few weeks, voiding feels much more natural. Pain with voiding, especially after the first day, is not expected and may represent a bladder infection.

### **Activity**

You can return to work within one week after your procedure but you must adhere to lifting restrictions of nothing more than 8-10 pounds for 4 weeks.

Please avoid sexual intercourse for 4-6 weeks or until cleared by physician.

Driving is ok after the first few days as long as you are not taking narcotic pain medications and your pain is well controlled.

### **When to Call the Doctor**

Call for any fever above 100.5 F (If you do not feel feverish you do not have to routinely check your temperature.

Call for severe pain not improved by medications

Call for persistent nausea, vomiting

Call for menstrual level or more vaginal bleeding or significant vaginal discharge

Call for unusual swelling in your legs

Call if the incisions develop painful redness and discharge.