

**North Florida OBGYN - Urogynecology**  
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## **SUBURETHRAL SLING – POSTOP INSTRUCTIONS**

Today you underwent a surgical procedure to help control stress urinary incontinence – loss of urine with coughing, sneezing, lifting, and bending. This procedure may have been performed in combination with other procedures. A strip of permanent mesh tape (the sling) was placed under your urethra through a small incision in the vagina. This sling will kink off the urethra during bouts of activity to reduce your stress incontinence. It may also reduce sudden urges and frequent trips to urinate that you may have had before your surgery. You may notice a need to slightly lean forward to help you better empty your bladder.

It is normal to have some degree of vaginal spotting over the next week as well as a small amount of vaginal discharge from the sutures that will dissolve on their own.

Over the next several weeks, your body will grow around the sling material to fix the sling in place. It is important that for the next 6 weeks you avoid heavy lifting (greater than 20 lbs.), straining, or sexual intercourse until the sling has healed in the place.

Following your procedure you likely underwent a voiding trial to test your bladder's ability to empty. If you were able to empty your bladder and went home without a catheter, please make sure you have a follow up visit scheduled to see me in 4 weeks. If you needed to go home with a catheter for any reason, we will need to see you for a follow up visit in 3 to 4 days unless otherwise specified in your discharge instructions.

Should you have fever greater than 101 degrees, chills, nausea, vomiting, or inability to empty your bladder please contact us immediately.