



MALE SLING POSTOPERATIVE INSTRUCTIONS

What to Expect

- You may be able to go home a few hours after your procedure, but occasionally may require an overnight stay. To ensure continued success with this treatment please carefully review and follow these recommendations.
- It is not uncommon to experience some pain at the surgical site, controllable with pain medication prescribed post operatively. Post-operative pain should resolve within 2-4 weeks. If pain persists beyond that period of time, please call.
- You may take Ibuprofen, Advil or Aleve for less severe pain or mild discomfort.
- You will go home with a catheter in place for a short time (one to two days). If you are unable to urinate after removal of the urinary catheter, you may need an indwelling catheter for a short time. It is not uncommon for your urinary stream to be slightly decreased after surgery, this will usually resolve.
- You can expect a 2 to 4 week recovery period.
- You will have a follow-up appointment scheduled six weeks following your surgery.

Activity

To ensure continued success with this treatment please carefully review and follow these recommendations.

- Avoid heavy lifting (over 10 lbs, about the weight of a gallon of milk) for 6 weeks.
- No bending, squatting, climbing, stepping up into high vehicles, extreme leg spreads, biking, jogging or other strenuous activity for 6 weeks.
- No sexual intercourse for 6 weeks.
- No horseback riding for 12 weeks.

Wound Care

- If Steri strips were placed post operatively, they may be removed after 7 days
- Shower as desired 24 hours after your procedure but no tub baths or hot tubs for 2 week.

Diet and Elimination

- Regular diet.
- Maintain good hydration and avoid constipation. You may be prescribed a stool softener.

Call our office if:

- You have difficulty voiding.
- Fever over 102 F.
- Any concerns.

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