**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. Do not take aspirin/blood thinners for 7 days after surgery, unless advised by your physician.
* 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.