

## **Sling surgery for Stress Incontinence Discharge Instructions**

### **1. Pain Relief**

- You should take regular simple pain relief such as Panadol (two tablets every four hours not more than 8 in 24 hours).
- You should then take an anti-inflammatory regularly such as Voltaren 50mg three times a day, this should be taken after food and if you have problems with heartburn or reflux you may not be able to take this.
- Avoid strong pain relief such as Endone and Codeine based products where possible as they cause constipation. We will prescribe Tapentadol for you. Please take this if the regular Panadol and anti-inflammatories don't settle the pain. Be aware of constipation.
- Pain relief will be needed for at least the first week and occasionally for light activity, like walking, after the first week and up to the 6 week review.

### **2. Bladder and Bowels**

- You must open your bowels each day and not strain, if dietary measures such as a good fluid intake and fruit such as pears and prunes is insufficient, please take medication such as Movicol until you are off strong pain relief and your bowel habits are regular again.
- Pass urine normally, do not strain or push to empty, sit slightly forward, elbows to knees and in a relaxed position. Most women notice their flow is slower than before the operation, you will need to take the extra time.

### **3. Dressings**

- The dressings on your tummy or thigh can be removed after a week if they have not come off already. They are waterproof and you can shower over them.
- Wear a liner or medium pad for light vaginal loss. Once you are active you should find your incontinence has significantly improved and you may only need a liner for security.

### **4. Activity**

- You will need to restrict activity for two weeks, you can walk within what is comfortable but do not overdo it. If you are in pain, take medication and REST. After two weeks do light activity only. Avoid heavy lifting, including shopping bags, washing baskets and children, for six weeks and ideally limit this to less than 10kg for three months. Abstain from sexual activity and swimming for 6 weeks until Dr Dowling has checked your healing. Avoid playing sport for four weeks. NO driving for 2-4 weeks – ensure when you start you can brake hard without pain.

### **5. Review and Follow Up**

- Dr Dowling will see you in the rooms for an appointment and a flow rate (urine flow test and quick ultrasound after) at 6 weeks. We will check all your wounds then. Your stitches are dissolvable.

**For further advice please call Metropolitan Urology:**

- ❖ **SECRETARY SUPPORT – Monday to Friday between 8:30am to 5pm on: [03 9890 7222](tel:0398907222)**
- ❖ **UROLOGY NURSE – Monday to Friday between 8am to 4pm on: [0400 391 743](tel:0400391743)**
- ❖ **UROLOGIST – After hour contact on: [03 9387 1000](tel:0393871000)**