



Patient Instructions

## Trans -Obturator Sling Surgery

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Here are some general recovery guidelines specific to your Trans-Obturator Sling surgery. This is a minimally invasive surgery, but the recovery instructions and timeframe are crucial to achieving optimal results.

### After you return home the day of surgery:

You may eat and drink your usual variety of foods, though you may want to keep to small amounts this first day. You should plan on just resting at home today.

Some minor discomfort and fatigue is normal for the first few days following surgery. The pain medication the doctor has prescribed will reduce the majority of your pain. Because the narcotic ingredient in the pain medication can cause constipation, be sure to drink plenty of additional fluids while you are taking the pain medicine.

If you go home with a vaginal packing still in place be sure that you understand the instructions from the recovery nurse about how to remove it the next morning. The packing will come out all in one piece and can just be thrown away. Do not attempt to flush this down the toilet.

If you are discharged with a catheter still in place, make sure that you understand and are comfortable with the instructions the recovery nurse gives you about changing the catheter bags (leg bag to large night bag) and removing the catheter at the appropriate time. If you have difficulty urinating after the catheter has been removed, and it has been more than 3 – 4 hours since removal, be sure to call or come in to our office. If it happens to be a weekend or after regular office hours, call our office and a recording will provide the phone number to reach the on-call physician.

### From first day to two-weeks post-op:

Minimal use of stairs, take stairs only as necessary. This includes taking high steps up into vehicles such as high-sitting trucks, SUVs, etc. Use something to step up on if this is the only vehicle available. Avoid straddletype activities and avoid jarring the pelvic area in any way.

Do not carry anything heavier than 5 lbs. (one-half gallon of milk weighs about 4 pounds). This includes pots/ pans of food, grocery bags, babies, laundry baskets, etc. You are restricted from activities such as vacuuming, loading/ unloading a dishwasher, sweeping, raking leaves, etc. Anything that puts pressure on the abdominal/ pelvic muscles is to be avoided for the first two weeks. No sexual intercourse for 6 - 8 weeks following surgery.

You may walk around your home and yard, but do not take any long walks, and no exercise or activities that are more strenuous than walking. Driving an automatic transmission vehicle (not a clutch) is ok as long as you are not taking narcotic pain medications. You may not feel discomfort or pain if your activities are too strenuous, but the degree of healing for your surgery can be compromised.

You may shower right away. Do not bathe or use a hot tub if you have a vaginal packing or catheter in place. If this is your situation, you may bathe as soon as they are removed.

From two to six (or) eight weeks after surgery:

You may lift/ carry items up to 20 lbs. in weight. OK to bend to load/ unload dishwasher and increase activity somewhat. No jogging, running, etc. You must continue to restrict yourself in stepping down off of curbs, stairs, out of vehicles, etc. Avoid straddletype activities and avoid jarring the pelvic area in any way.

Regarding returning to work, please check with your doctor, as job requirements and activities can vary greatly.

Be sure to contact your Doctor's office at (509) 249-3900 if you have trouble with any of the following:

Severe nausea

Abdominal or pelvic pain that increases the following day and/ or is unrelieved by pain medication

Excessive vaginal bleeding, bright red blood, or if you are needing to change pads frequently (more than 4 – 5 per day)

Fever over 101 F

Inability to urinate or feeling as if your bladder is not emptying completely

Any problems or questions with a catheter or a vaginal pack