



## URINARY INCONTINENCE SURGERY - FEMALE

### ALTERNATIVE NAMES

1. Open retropubic colposuspension
2. Laparoscopic retropubic colposuspension
3. Vaginal sling
4. Transobturator sling

### WHAT TO EXPECT AT HOME

1. You may be tired and need to rest for about 4 weeks
2. You may have pain or discomfort in your vaginal area or leg for a few months
3. Light bleeding or discharge from the vagina is normal.

### SELF-CARE

Take care of your surgical incision (cut)

1. You may shower 1 or 2 days after your surgery. Gently wash the incision with mild soap and rinse well. Gently pat dry. Showers are better than baths for a few weeks, until your incision has healed
2. Keep a dry dressing over the incision. Change the dressing every day, or more often if there is heavy drainage
3. Make sure you have enough dressing supplies at home.

**READ MORE OVERLEAF**

**Try to prevent constipation. Straining during bowel movements will put pressure on your incision.**

1. Eat foods that have a lot of fibre
2. Use stool softeners. You can get these at any pharmacy
3. Drink extra fluids to help keep your stools loose
4. Ask your doctor before you use a laxative or enema. Some types may not be safe for you.

**Your doctor may ask you to wear compression stockings for 4 to 6 weeks. These will improve your circulation and help prevent blood clots from forming.**

1. Know the signs and symptoms of a urinary tract infection.
2. Ask your doctor or nurse for information about this.
3. Call your doctor if you think you might have a urinary tract infection.
4. You may slowly start your normal household activities. But be careful not to get overtired.
5. Walk up and down stairs slowly. Walk each day. Start slowly with 5 minute walks 3 or 4 times a day. Slowly increase the length of your walks.
6. Do not lift anything heavier than a litre of milk for at least 4 to 6 weeks. Lifting heavy objects puts too much stress on your incision.
7. Do NOT do strenuous activities, such as golfing, playing tennis, bowling, running, biking, weight lifting, gardening or mowing, and vacuuming for 6 to 8 weeks. Ask your doctor when it is okay to start.
8. You may be able to return to work within a few weeks if your work is not strenuous.
9. Ask your doctor when it will be okay for you to go back.
10. You may start sexual activity after 6 weeks. Ask your doctor when it will be okay to start.

**WHEN TO CALL THE DOCTOR**

*Call your doctor if you have:*

1. Severe pain
2. Fever over 37,7 C
3. Chills
4. Heavy vaginal bleeding
5. Vaginal discharge with an odour
6. A lot of blood in your urine
7. Difficulty urinating
8. Swollen, very red, or tender incision
9. Throwing up that won't stop
10. Chest pain
11. Shortness of breath
12. Pain or burning feeling when urinating, (feeling the urge to urinate but not being able to)
13. More drainage than usual from your incision