



Urogynecology and Pelvic Health

Pre-Operative Instructions for Sling

- Nothing to eat or drink after midnight the night before surgery.
- Perform vaginal douche for 3 nights prior to surgery. Instructions are included in this letter.
- Stop all blood thinning medications such as Aspirin, Elmiron, Ibuprofen, Aleve, St. John's Wort and Vitamin E two weeks prior to surgery.
- Stop all weight loss supplements (including phentermine) one week prior to surgery.
- Notify our office if you are on Coumadin (Warfarin), Heparin or Plavix so we can coordinate with your physician.
- Take your routine medications the morning of surgery with a sip of water unless otherwise instructed by anesthesia personnel at your pre-op appointment.

Post-Operative Instructions for Sling

- Walk after surgery to aid healing and bowel movements. The more you walk, the faster your pain will decrease.
- Surgery is a constipating experience. Prevent constipation with walking, Colace, fiber and water. If needed, you can add Milk of Magnesia. We do not want you to strain at all, so do whatever it takes to avoid constipation.
- You should not need a catheter post-operatively unless you have trouble voiding when it is time to go home from the surgery center. 75% of patients have no trouble at all, but there is a small percentage of people who do have trouble after surgery.
- Please call the office if you have poor urine flow, dribbling or difficulty emptying you bladder.
- Some women experience bladder spasms after their procedure; if you are troubled with spasms, please call our office.
- Post-op vaginal bleeding is normal and may occur for up to 6 weeks. Call our office if you are saturating a thick maxi pad every hour or more frequently.
Post operatively you will be given an anti-inflammatory such as Motrin or Celebrex. Please take this for 2 weeks post operatively even if you are not taking narcotic pain medication. You will also be given a prescription for narcotic pain medication such as Percocet or Mepergan. Remember that narcotics can be constipating and can cause drowsiness or nausea. *****If you want to use a different pharmacy other than what we have on file, please let us know before your surgery date. Once the controlled medications have been sent in, we will be unable to send them to a different pharmacy*** If changes need to be made, please call 615-284-4664, option 2 to reach the nurses.**
- In early post-operative period, it is not important to eat a lot, but it is vitally important that you drink plenty of non-alcoholic, non-caffeinated fluids. If you are unable to tolerate fluids because of nausea and vomiting, you need to contact us or go to the emergency room for evaluation. Some nausea is common, but you should be able to hold fluids.
- If you need to go to the ER for any reason after surgery, go to the closest ER to prevent delaying care.
- Nothing in the vagina for 6 weeks, including sexual intercourse.
- Avoid tub baths or sitting in water such as a swimming pool for 6 weeks.
- You should avoid heavy lifting for 6 weeks post operatively.