



Preoperative/Postoperative Instructions for Pubovaginal Sling Procedure for Incontinence

Day Before Surgery -

- You may have a regular diet until midnight.
- Do not eat or drink anything after midnight.
- Give yourself a betadine or vinegar douche.
- You do not need to shave the pubic area.

Day of Surgery (Before surgery)-

- Report to day surgery (Family Surgical Waiting Room, 1st Floor, STC), at the prearranged appointment time.
- Leave valuables at home, but bring any comfort items as you see fit.
- Do not eat or drink anything (if you have been asked to take medications on the morning of surgery, you may do so with a small sip of water).
- An IV will be placed in the preoperative area.

Day of Surgery (After Surgery)-

- Most patients will be admitted for observation.
- Your diet will be advanced as tolerated.
- Take at least three deep breaths and cough every two hours for the next few days.
- A catheter will remain in your bladder to drain your urine for 1 – 2 days.
- Your urine should not have much blood. Notify your nurse or doctor if you see blood in your catheter. Drink plenty of fluids to keep your urine clear (10-12 cups of water/day). Expect a small amount of bloody vaginal discharge.
- Your nurse will measure your post-void residual (PVR) with a catheter. You will need to check your own PVR's with a catheter until it is consistently less than 3 ounces. If you are unable to void at all your nurse may need to reinsert a catheter and send you home with it for about a week.
- You may experience burning with urination after catheter removal, if this lasts more than a 1-2 days after surgery, notify your doctor.
- Notify your nurse or surgeon if you are experiencing excessive bleeding, temperature above 101, severe pain or the inability to void/catheterize.
- Your nurse will provide you with follow-up instructions.

Your return appointment is _____
Desk: 3A (254-724-2577)

After Discharge:

- You may go home with prescriptions for pain and antibiotics.
- You may resume your normal diet, high in fiber (fruits and vegetables).
- Drink 10 glasses of water daily for the first 10-14 days.
- Walk 4 times daily.
- Continue foot pumping exercises while sitting.
- No heavy lifting over 10 lbs. or intercourse for 4 weeks.
- No driving for at least 24 hours and not taking narcotic pain medication.
- Call the clinic for any fever over 101 F, increased pain, nausea/vomiting, increasing voiding difficulties, problems with incision, or other concerns.