

PUBOVAGINAL SLING INSTRUCTION SHEET

1. A sling procedure utilizes your own or donated fascia to create a hammock of support for your bladder and urethra
2. The operation takes one to two hours to perform.
3. Patients are usually discharged the first day after the operation.
4. Most patients go home with the ability to void. If you are discharged still unable to void, the following instructions apply to you.
 - a. Perform intermittent catheterization as directed by your doctor. Usually this means every 4-6 hours. Separate instruction sheets are available.
 - b. If you are sent home with a catheter in place, you will be given instructions on when to remove it.
 - c. The inability to empty your bladder is common, but almost always resolves within 4-6 weeks after the operation.
5. You may resume most of your normal activities within limits..
 - a. No heavy lifting beyond that of a gallon of fluid for 4 weeks.
 - b. No sexual intercourse for six weeks.
 - c. You may resume driving in two weeks.
 - d. No deep water bathing for seven days. You may shower as needed.
6. A slight vaginal discharge is common and can persist for up to two weeks. A pad is recommended over a tampon.
7. The bandage over your pubic bone can usually be removed 48 hours after the procedure.