

# Patient's Instructions

## Tension Free Vaginal Tape Obturator (TVT-O) Suburethral Sling

### Procedure

You will have a 5 mm (about ¼ inch) mesh sling placed in the vagina to support your urethra to prevent urine loss with straining. This mesh will be placed through a small incision inside your vagina and brought out through two small incisions in the very upper inner thighs. This will be done as an outpatient through Same day Surgery. You will go home that day and almost always able to empty your bladder without leaking.

### Anesthesia

You will have a "light" general anesthesia from which you will wake-up very quickly.

### Pain

The most common pain is in the upper thighs where the sling is pulled through the skin (the sling is cut-off below the skin, so doesn't protrude). This usually lasts 2-3 days. You may use cold packs to this area as needed to reduce pain, and bruising. Generally over-the-counter medicines such as ibuprofen, 3-4 tablets 3-4 times a day, and acetaminophen (Tylenol®) can help. You will be given a narcotic/acetaminophen combination prescription for pain relief. Your prescription will be labeled with the mg of acetaminophen contained **in each tablet** (either 325 or 500). If you have pain unrelieved by these measures, call the office.

### Activity

This procedure works by creating a "floor" or "hammock" which keeps your urethra (the tube from your bladder to the outside of your body) from moving too much when you strain, such as coughing. Consequently it is important that it have a chance to get fixed or incorporated into the tissue under your urethra. So you must limit strenuous activity including intercourse for 4 weeks minimum, and 6 weeks is better. Gradually increase your activity as tolerated. Plan on not lifting over 2 gallons of milk (about 15 pounds) for 4 to six weeks. Plan on not driving until you can control your vehicle and are not taking any significant amount of pain medications.

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## Incisions

The incisions in your upper thighs will be covered with Dermabond which will wear-off. The small incision in your vagina will be closed with sutures which will dissolve automatically

## Post-op Appointment

You will usually be seen for a routine post-operative appointment one week after your procedure

Occasionally if the local anesthesia applied around the bladder does not wear off you will be sent home with a catheter and we would see you in 48 to 72 hours for a repeat bladder trial.

## Pain

From a surgical standpoint this is a procedure that does not produce a lot of intense pain and you should call if your pain medicine is not controlling your symptoms

Occasionally you will have some inner thigh pain most commonly from bruising or pulling as the bladder is replaced into its normal position.

Some vaginal pain may be present but it is usually not very intense.

There is usually minimal abdominal pain.

## Questions

Please call the advice nurse at 910-295-0213 for any questions or concerns. Call the FirstHealth operator at 910-715-1000 to call to reach the doctor on-call for **after hours emergencies**.

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