

### Instructions after a Transvaginal Sling surgery

- Diet:** Return to your normal diet.  
Be sure to have enough fruits, vegetables, fluids and fiber to prevent constipation.
- Activity:** Avoid lifting more than 15 pounds for 4 weeks.  
Avoid lifting more than 25 pounds for 3 months.  
You may shower or bathe.  
You may climb stairs.  
Walking is good after surgery but do not overdo it!  
Go easy and slow and increase activity, as you feel better.  
No strenuous exercise for 3 months.
- Driving:** No driving for one week or if still on any pain medication.
- Pain Meds:** As you increase your activity you may have more pain. Use Ibuprofen, Motrin, or Advil first if you are permitted to use these types of drugs. If you need more use the prescription given. If given antibiotics, use daily as directed. Pain in the inner thighs is normal for the first 4 – 6 weeks.
- Constipation:** Please use fiber, good fluid intake and over the counter Metamucil, Citrucel, Fibercon, or Colace as needed to keep your stools soft.
- Intercourse:** None for the first 6 weeks after surgery.
- Foley:** If you go home with a Foley catheter in place, it is normal to feel some pressure and discomfort from the catheter. You may also have leaking around the catheter. It is normal to see some blood in your urine. Be sure the catheter is not kinked and the urine flows into the bag. If you go home with a catheter, you will be taking an antibiotic each day.
- Follow-Up:** **You should be seen 1 week after surgery if the catheter is left in, or 4 weeks after surgery if you go home without the catheter.**
- Call if:** You have fever, shakes, chills, or severe pain, or if you have any other questions.