

# Postoperative instructions

## Tension-free Vaginal Tape Urinary Incontinence procedure (TVT)

Please follow your surgeon's instructions if they differ from the following statements.



### Your return home

#### Dressings

- Remove your primary dressing the next day.
- You may shower after removing your dressing.
- No baths or pools are permitted for four weeks following your surgery.
- Keep the little dressings (Steri-Strips™) directly over your incisions for a full seven days.
- If a little dressing falls off (during shower), no need to replace it.
- If there are stitches, they will dissolve gradually.

#### Diet :

- You may resume your normal diet when you get home.

### Physical activities

- Walking and climbing stairs is permitted.
- Avoid all sports for six weeks.
- Do not lift objects heavier than ten pounds for six weeks
- Do not drive for 48 hours after your surgery or longer if you are taking pain medication.
- Abstain from sexual activities or relations for six weeks after your surgery.

### Pain control

- Take your prescribed medications regularly or take Tylenol™ and Advil™.
- It's normal to have light vaginal bleeding in the days following this surgery. Wear a sanitary pad if needed.

### Call your doctor or visit your nearest Emergency Department if you have:

- redness and swelling;
- hardening or discharge (other than blood) of the incision;
- foul smelling vaginal discharge;
- heavy vaginal bleeding
- fever and chills;
- an increase in pain;
- pain and heat from the calf;
- vomiting and/or;
- sudden shortness of breath.

**Note: It is common for individuals who menstruate to experience an irregular menstrual cycle in the weeks following general anaesthesia**

**To book your appointment, call your surgeon's office.**

The office information was given your discharge instructions.

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