

# Post-Operative Instructions

## Sling/Cystoscopy

*Sarpy County OB/GYN, P.C.*

There are many types of sling procedures. All are performed for one main complaint: loss of urine when coughing, sneezing, or doing any type of strenuous activity that may make you bear down (Valsalva). Your doctor will discuss with you which type of sling he/she feels is best for your situation.

A cystoscopy is a procedure in which a camera is inserted into the bladder to visualize the internal structures. This ensures that no unintentional injuries may have occurred as a result of any surgical procedures done.

Sling procedures are sometimes combined with a hysterectomy, bladder &/or rectal repair. If you will also be undergoing one of these procedures, please read this entire handout. A separate handout for hysterectomy can also be found on our website [www.sarpyobgyn.com](http://www.sarpyobgyn.com). Please also refer to the American College of Obstetricians and Gynecologists website [www.acog.org](http://www.acog.org) for more details regarding risks/benefits.

### Sling Only:

A sling procedure, if performed alone (not in conjunction with a hysterectomy or bladder/rectal repair), is usually done on an outpatient basis. Most patients will go home with a pack in the vagina as well as a catheter in the bladder. This is to ensure that the bladder and urethra can rest overnight.

We recommend that you go home after you are discharged from the hospital and rest. The hospital staff will teach you how to drain the catheter for the night. You will need to come back to the office the next morning and have the packing and the catheter removed.

After your catheter has been removed, we will do a "voiding trial" (get you to empty your bladder on your own). We will also check for any residual urine that may be left in the bladder. You may need to spend some extra time in the office for this. Plan on being in or around the office for 1-3 hours.

1. It is normal to have a light pink discharge for 2-3 weeks.
2. As you resume your usual activities, expect to tire easily. It is okay to become tired, but avoid becoming exhausted.
3. Limit your activities for at least 6 weeks:
  - No lifting of more than 5-10 lbs.
  - No vacuuming
  - No strenuous activities or exercises
  - No driving for 1 week (you may ride in a care for a short trip)
  - Walk up and down steps one step at a time
4. Regular walks are encouraged.
5. Bathe or shower as preferred.
6. Resume your medications as ordered.

7. Nothing in the vagina (no sex, tampons, or douching) until your follow up exam reveals complete healing (usually in 6 weeks).
8. Wear loose clothing and cotton underwear with a panty shield or pad for comfort
9. Report any of the following:
  - a. Foul smelling drainage from the vagina
  - b. Heavy vaginal bleeding, saturating 2-3 pads in 1 hour
  - c. Fever by thermometer over 101 degrees F within 24-48 hours
  - d. New symptoms such as nausea, vomiting, constipation, abdominal swelling or severe pain
  - e. Inability to urinate
10. It takes from 4-6 weeks to feel completely recovered. This is normal.
11. For after hours, call: 898-8500.
12. First post-operative check is usually at 2 weeks.