

POST-OP INSTRUCTIONS FOR DR. NAYAK'S SURGERY

BLADDER REPAIR WITH SLING

- Catheter will be removed 2 to 3 days after surgery.
 - Fill the bladder and be sure the patient can void before leaving.
 - Reinsert the catheter if patient is unable to void OR option 2: teach the patient to self catheterize if unable to void.
 - Push fluids.
 - Take all prescribed medications until gone.
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- Use pain medications only if needed.
 - NO lifting over 10 pounds for 6 weeks.
 - NO vacuuming, sexual intercourse, etc. for 6 weeks.
 - NO driving for 24 hours.
 - Post-op return appointment in 2 to 4 weeks.
 - Appt: _____ at _____.