

## **POST-OP INVANCE URETHRAL SLING PROCEDURE**

\***NO** lifting >20 lbs for 4 weeks.

\***NO** driving for 1 week.

\***NO** sexual intercourse for 8 weeks.

\*Take all prescribed medications until gone. Use pain medication as needed.

\*Foley catheter will be removed at the office 2-3 days after procedure.

\*Post-op appointment in 2-4 weeks after procedure. Appointment on \_\_\_\_\_  
at \_\_\_\_\_.

\*Dressing will stay in place approximately 2 days after procedure.

\*Push fluids, especially water, post-operatively.

\*Avoid prolonged periods of sitting on the perineum (where the dressing is),  
for approximately 4 weeks.

\*If sitting for more than 1 hour, it is necessary to use a donut ring, to avoid  
pressure on the surgery site. In the future, it is advised to avoid horseback  
riding, bicycle riding, and other activities that apply pressure to the  
perineum.