

## Surgery Center of Pinehurst

### Home Care Instructions for Tension Free Vaginal Sling / Anterior and Posterior Repair

#### **Vaginal Spotting:**

After your surgery, you might have some light vaginal bleeding. Please use a pad or panty-liner. Do not use tampons. If you have bright red or heavy vaginal bleeding greater than one pad per hour, please contact your doctor.

#### **Personal Hygiene:**

Please do not put anything into your vagina for one month. This includes tampons and douching.

#### **Showers:**

Showers are preferred. Please no tub baths for two – four weeks. After your shower, pat your steri-strips dry and leave them open to the air, or use your blow dryer on the low setting to dry them. Leave steri-strips on for two weeks.

#### **Intimate Relations:**

Please do not have intercourse for one month or until your doctor advises you that it is safe for you to resume sexual activities.

#### **Housework:**

No heavy housework. No lifting over 15 pounds (2 gallons of Milk) for one month. Let your family and friends help during this time. You may return to work as early as the fourth day after your surgery.

#### **Menstrual Cycle:**

Your surgery may interrupt your normal menstrual cycle.

#### **Medications:**

Follow instructions carefully. Pain medications should be taken with food to minimize side effects such as nausea and vomiting. Pain medication may also dehydrate and/or constipate, so drink plenty of fluids.

**Do not drive a car as long as you are taking pain medication.**

#### **Follow-up Appointment:**

It is very important for you to keep the appointment that has been made for you. If you need to re-schedule, please call your doctor's office and we will be happy to find a more convenient time.

#### **Please call your doctor for any of the following:**

- Temperature of 101 degrees or higher
- Prolonged pain and cramping that seems to be getting worse and not responding to pain medication, heating pad use and pelvic rest
- Persistent, heavy bright red vaginal bleeding with clots, saturating one pad per hour
- Incision sites become infected with symptoms such as drainage, red streaks or increasing tenderness
- symptoms of urinary tract infection such as frequent urination or pain on urination or back spasms

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