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## POSTOPERATIVE INSTRUCTIONS FOR TVT

You have just undergone a **TVT** (transvaginal tape/sling) for urinary stress incontinence. It will take approximately 12 weeks for the tissue that has been operated on to heal back to 80% of its eventual strength. It may take up to six months to achieve full recovery. Based on this, we recommend that our patients restrict their activity for six weeks following surgery.

These restrictions include the use of a stool softener so that you do not need to strain during bowel movements. We also want you to limit your activity and not do any exercise except walking. Anything that increases the pressure within your abdominal cavity may tear down the repair prematurely. For this reason, we ask you to refrain from lifting anything heavier than about 8 pounds for four to six weeks; also, refrain from lifting anything over 20 pounds between weeks four and six. You should avoid swimming, biking, and aerobics. You should not be carrying groceries, laundry, or the vacuum cleaner. You should have no sex for 6 weeks after the procedure.

You may have been given medication for pain and an antibiotic. You must finish the full prescribed amount of the antibiotic. You may resume all of your prior medications unless specifically indicated by your doctor.

You will be given a voiding trial before you leave the hospital. If you cannot urinate after the surgery, you may have a foley catheter placed for a few days until further healing takes place. This sometimes can occur after surgery due to the swelling of tissues. If you had a foley catheter replaced, you will be told when to call the office for an appointment to have the nurse remove the catheter for another voiding trial.

**You need to make an appointment after your surgery for an office exam two weeks following the surgery, and another at six weeks.** If you follow these instructions, we believe that you will have the best result for a long-lasting, successful repair.

Please understand that when you are first at home, not every day will be a good day. You will notice that you are more fatigued and do not have the same stamina. This should resolve over the next 4-6 weeks. If you have any problem with your wound, excessive pain or fever you should contact our office. Also call if you have questions concerning your medications.

The doctors can be reached during the day at the NKC office at (816) 842-0171 or the Liberty office at (816) 781-8400. After hours, you can reach our answering service at these numbers, who can page the doctor on call if necessary; or go to the nearest **ER** or call **911** if you have an emergency.