

# Dr Caroline Dowling

Urological Surgeon MS, FRACS (Urol)



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## Mid Urethral Sling Discharge Instructions

### 1. Analgesia

- You should take regular pain relief with Panadol two tablets every four hours (not more than 8 in 24 hours).
- You should then take an anti-inflammatory regularly such as Voltaren 50mg three times a day, this should be taken after food and if you have problems with heartburn or reflux you may not be able to take this.
- Avoid strong pain relief such as Endone and codeine based products (Panadeine and Panadeine Forte) where possible as they cause constipation. This does not mean you cannot take them if you need them, just be careful with your bowels..
- Pain relief will be needed for at least the first week and occasionally for light activity, like walking, after the first week and up to the 6 week review.

### 2. Bladder and Bowels

- You must open your bowels each day and not strain, if dietary measures such as a good fluid intake and fruit such as pears and prunes is insufficient, please take medication such as coloxyl with senna or Movicol until you are off strong pain relief and your bowel habits are regular again.
- Pass urine normally, do not strain or push to empty, sit slightly forward in a relaxed position, Most women notice their flow is slower than before the operation, you will need to take the extra time.



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### 3. Dressings

- The dressings on your tummy or thigh can be removed after a week if they have not come off already. They are waterproof and you can shower over them.
- Wear a liner or medium pad for light vaginal loss. Once you are active you should find your incontinence has significantly improved and you may only need a liner for security.

### 4. Activity

- You will need to restrict activity for two weeks, you can walk within what is comfortable but do not overdo it. If you are in pain, take medication and REST. After two weeks do light activity only. Avoid heavy lifting, including shopping bags, washing baskets and children, for six weeks and ideally limit this to <10kg for three months. Abstain from sexual activity for 4-6 weeks. Avoid playing sport for four weeks. NO driving for 2-4 weeks – ensure when you start you can brake hard without pain.

### 5. Review and Follow Up

- I will see you in the rooms for an appointment and a flow rate (urine flow test and quick ultrasound after) at 6 weeks. We will check all your wounds then. There are no stiches to remove, it all dissolves.

If you need to contact me during hours please call the rooms on 9188 3690 or after hours the call service on 9387 1000

