

Trans-Vaginal Tape for Stress Urinary Incontinence

After the Procedure

Diet

You may return to your normal diet as you feel ready. To avoid straining with bowel movements drink lots of water (six to eight glasses per day) and eat plenty of vegetables, fruits and fiber.

Activity

Return to your normal activity after two weeks. Avoid heavy lifting and strenuous activity for up to six weeks. Do not have sexual intercourse and avoid tampon use for one month.

Incision Care

You will have two tiny cuts: one near the crease inside each of your thighs. Each will be covered with a small piece of tape called a steri-strip. Allow them to fall off. Expect a light vaginal flow for three days after surgery. It may be pink, yellow or yellow-brown. To support wound healing complete your antibiotics as prescribed.

Call Your Doctor or Seek Medical Assistance If You Experience:

- Bleeding;
- Vaginal discharge;
- A fever (temperature over 38.5°C); or
- Problems with voiding/peeing (e.g., burning, pain).

Follow-up Appointment

Please make a follow-up appointment with your surgeon one month after your surgery.

Date: _____

Time: _____

Location: _____