

After a Mid-Urethral Sling Is Placed

Self-care at home

This handout gives self-care instructions to follow at home after having a mid-urethral sling placed.

Wound Care

- You can shower right away.
- If you have an incision: Do **not** scrub it. Gently pat it dry after your shower.
- For 2 weeks, do **not** take a bath, sit in a hot tub, or go swimming.

Vaginal Care

- For at least 6 weeks, do not put anything in your vagina, unless your doctor tells you to apply vaginal estrogen. This means no tampons, douche, or sexual intercourse.

Activity

- It is OK to do normal activities and walk up to 3 miles on flat ground, unless you feel pain or discomfort doing so.
- After 1 to 2 days, slowly increase your activity, but pay attention to how you are feeling. If you feel pain or discomfort, stop the activity and try it again on another day.
- Do **not** drive if you are in pain or if you are taking prescription pain medicine. It is not safe.
- For 2 weeks, do **not** lift anything that weighs more than 25 pounds.
- For 6 weeks, do **not** do any heavy lifting, play sports, or do anything that puts strain on your abdomen.



For exercise after your procedure, take walks on flat ground.

Diet

- You may eat as usual.

Bowels

- **Do not get constipated.** Take your laxative (Miralax or Milk of Magnesia) as prescribed until:
 - You are no longer taking any prescription pain medicines.
 - You are having at least 1 bowel movement a day.
- If it has been 3 days since your surgery and you have not had a bowel movement, take Milk of Magnesia or Miralax every 6 hours until you have a bowel movement.
- If you have loose stools or diarrhea, stop taking the laxative.

When to Call

- If you are discharged without a catheter and cannot urinate for more than 4 hours after discharge, call your provider. If it is after clinic hours, go to the Emergency Room.
- Call your doctor right away if you have:
 - Fever higher than 100.4°F (38°C)
 - Severe nausea, vomiting, pain, or constipation that does not get better after taking medicines
 - Bleeding from your vagina that soaks more than 1 pad an hour for 2 hours
 - Bleeding or discharge from your incision
 - Discharge from your vagina that has a bad smell
 - Red streaks or soreness around your incision

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

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