

**Anand Shridharani, MD**  
Men's Reproductive and Sexual Health Specialist  
Staff Urologist

**Academic Urology**  
961 Spring Creek Rd, Ste 202  
Chattanooga, TN 37421  
Office 423-778-6941 • Fax 423-778-6936

## URETHRAL SLING PLACEMENT FOR URINARY INCONTINENCE POST-OP INSTRUCTIONS

### ACTIVITY:

- **\*\*No squatting or high stepping\*\*** Climbing into a truck or over something is also not recommended. By doing so you may loosen you sling and leakage may recur requiring another procedure.
- 
- Avoid all strenuous activity (such as cutting grass, chopping wood, etc.) or lifting, pushing, or pulling more than 15 pounds for 6 weeks. You may climb stairs
- May shower the next day after your surgery, but no soaking in a bathtub, hot tub or swimming pool, etc. for 2 weeks.

### WHAT TO EXPECT:

- Swelling of the incision and scrotum is normal. Expect bruising 3-14 days post operatively and longer for the swelling to subside.
- You should apply ice packs to the incisions for 24-48 hours after the procedure. Up to 20 minutes every hour
- A small amount of bloody drainage from the incision is normal.
- You may have skin glue on your incisions. It will appear blue/purple.
- Watch for constipation. Please take some Milk of Magnesia or Miralax if you are not having a bowel movement daily.

### PAIN RELIEF:

- Take pain medication as directed by your surgeon. You may not drive or operate heavy machinery while on narcotics.

### PROBLEMS TO WATCH FOR—NOTIFY YOUR SURGEON IF YOU HAVE ANY OF THESE SYMPTOMS:

- SEVERE pain not relieved by pain medication.
- Temperature over 101 degrees. Take temperature daily for 5-7 days.
- Heavy bleeding that soaks through your dressing/clothes.
- Redness, extreme swelling and/or pus at the incision site.

### FOLLOW-UP:

- **Return to clinic to see Dr Shridharani in:**  
 3 weeks                      other \_\_\_\_\_
- Feel free to come in earlier if you have any concerns.
- If you are unable to urinate a few hours after your catheter is removed and experience abdominal discomfort please call our clinic immediately or go to an Emergency Room. **If another catheter is required you must alert them of you procedure and they should not insert a urinary catheter NO larger than 14F.**

**If you have had general anesthesia**, it is important to keep your lungs clear and expanded, by taking deep breaths every 2 hours for 24 hours, while awake. Also, until you are back to your normal activity level, it is important to maintain good circulation by being up and around at home, but not in excess.

**Please call 423-778-5910 our practice's main number if you are unable to reach us through the clinic number at the top. You will be able to reach the on-call physician after clinic the clinic is closed.**