

PERIOPERATIVE SERVICES

Post-Operative Instructions

Cystoscopy/Tension Free Vaginal Tape (TVT) Surgery

PAIN:

You may have some lower abdominal, vaginal, inner thigh and leg pain. Your Surgeon will prescribe pain medication. Take as directed.

OPERATIVE SITE:

There will be two small incisions on your lower groin or inner thighs as well as a small vaginal incision. The stitches will dissolve. There may be some vaginal bleeding. You may have a small amount of blood in your urine for 72 hours. You may be discharged with a urinary catheter in place. If you go home with a catheter, the nurse will give you instructions for catheter care. Instruction sheets will also be provided before you go home. Your Surgeon will tell you when and where the catheter will be removed.

ACTIVITY:

No heavy lifting or exercise for at least 4 weeks. Normal activity can be resumed after 1 to 2 weeks. No sexual intercourse for 6 weeks. You may have a shower the next day. No saunas, hot tubs or swimming until advised by your Surgeon.

DIET:

Resume your regular diet. Increase the amount of fibre in your diet and drink plenty of fluids to avoid constipation. Good sources of fiber are fruits, vegetables and whole grain breads and cereals (All Bran™, Bran Flakes, Shreddies™ and Shredded Wheat).

FOLLOW-UP:

Your Surgeon will advise you of your follow-up appointment the day of your surgery. If you are a Day Surgery patient, a Nurse from the Day Surgery Unit will call you the day after your surgery to discuss any concerns.



ADDITIONAL INFORMATION:

Do not use tampons for one month.

Resume other prescribed medications you were taking prior to surgery, unless you have been told otherwise.

Do not take any medication containing blood thinners or Aspirin™ until directed by your Surgeon.

Call your Surgeon or go to the nearest Emergency Department if you experience the following:

- problems with voiding
- elevated temperature (38°C or 100.4°F) and/ or chills lasting more than 24 hours
- excessive pain and bleeding

Patient safety is very important to Queensway Carleton Hospital and this information is provided to patients and their families to help inform you of your essential role in your own safety.

The information contained on this sheet is not specific medical advice, nor a substitute for medical advice. For your safety, it is advised that you speak with your Doctor and Healthcare Team about your particular healthcare needs.

Protect yourself! Clean your hands frequently and ask your healthcare providers and visitors to do the same. Clean hands save lives.