

MIDURETHRAL TAPE PROCEDURES

If you are taking fish oil or aspirin please cease this 10 days prior to your surgery.

ITEM NUMBERS

MID URETHRAL TAPE:	35599
MID URETHRAL TAPE + CYSTOSCOPY:	36812
REMOVAL OF FOREIGN BODY IN DEEP TISSUE (E.G. R/O TAPE):	30068
REMOVAL OR DIVISION OF URETHRAL SLING FOR OBSTRUCTION OR EROSION:	37340
URETERIC CATHETERS:	36818

You will be in hospital for 1-2 days.

ON DISCHARGE

You may have some light vaginal bleeding initially which will resolve in 1-2 weeks.

The sutures, both vaginal and on the skin, will dissolve. As this occurs you may experience some bleeding as well as a change in the type of discharge. A slight odour is also considered normal but, if this becomes malodorous, please call us immediately.

If you are on vaginal estrogen preparations such as Ovestin or Vagifem, it is safe to restart these after 3 weeks. If insertion is uncomfortable, wait another week or two.

You may experience constipation post operatively. It is best to avoid straining, so drink plenty of fluids and add fruit and fibre to your diet. If required, useful laxatives are Lactulose, Movicol or Nulax or Glycerine suppositories may be used. Please use only stool softeners and avoid anything too harsh. All of these medications can be purchased without a prescription from any pharmacy.

RESUMPTION OF ACTIVITIES

You will require 1 - 4 weeks off work depending on your job.

Avoid straining/strenuous activity for 4 weeks. If you can lift something without thinking about it (such as a full kettle) it is safe to do so. If you have to brace yourself and hold your breath to lift something, such as a bag of potting mix, DON'T.

It is perfectly safe to walk, ride a bike, hang washing on the line, go shopping etc.

You can generally resume driving after 1 week: however, check this with your motor vehicle insurance provider. Keep in mind that you must have full use of your reflexes. If pain will inhibit them, don't drive. You should feel capable of doing an emergency stop without pain or discomfort. Intercourse can be resumed in 6 weeks.

If after discharge from hospital you experience grave concerns, at any time, always call the Rooms on 9389 5065 and you will be directed to the appropriate contact number.