SURGICAL SERVICES

Post-Operative Instructions

Cystoscopy/Tension Free Vaginal Tape (TVT) Surgery

**PAIN:**

You may have some dull lower abdominal pain. Your surgeon will prescribe pain medication – take as directed.

**OPERATIVE SITE:**

There will be two small incisions on your lower groin. The stitches will dissolve. There may be some vaginal spotting. You may have a small amount of blood in your urine for 24 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 3 to 4 weeks. Normal activity can be resumed after 1 to 2 weeks. No sexual intercourse for one month. You may have a shower the next day. No saunas, hot rubs or swimming until authorized by the doctor.

**DIET:**

Resume your usual diet. Increase the amount of fibre in your diet and drink plenty of fluids to avoid constipation.

**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.

CONTINUED ON OTHER SIDE 🡪

Information is available in alternate formats upon request

**ADDITIONAL INFORMATION**:

Do not use tampons for one month.

**Call your surgeon or go to the Emergency Department if you experience the following:**

* problems with voiding
* fever and chills
* excessive pain and bleeding

**Do not take any medication containing Aspirin until directed by your surgeon.**

The information contained on this sheet is provided to you and your family to help you in your recovery from this procedure. This document is not intended to replace medical advice from your doctor or healthcare team. If you require more specific/additional medical advice, contact your doctor and healthcare team about your particular healthcare needs.

Protect yourself! Clean your hands frequently using soap and water or

hand sanitizer and ask that your healthcare providers and visitors do the same." Clean hands save lives.