

Going Home

You will usually be able to go home within 24 hours of your surgery. You will need to arrange for someone to drive you home. You should have someone to stay with you for the first 24 hours.

You may feel drowsy because a small amount of the anaesthetic may still remain in your body. This can slow your reaction time, coordination and affect your judgement for the next 24 hours. You should not drink alcohol, make any important decisions, sign any documents (including legal), drive a car, cycle, ride a motorbike or use heavy machinery for at least 24 hours after your operation.

Some side effects following anaesthesia may include; sore/dry throat, or a slight cough. This usually resolves within a few days. Nausea, discomfort and tiredness are common side effects during the first few days following surgery.

Pain relief

You will need to take regular pain relief for at least the first week when you are discharged home. Then gradually wean off the regular day time doses and take when needed. Continue the night time doses for longer.

Exercise and Rest

You will need to take it easy for a few days. You should gradually increase your activity levels by day 10-14 post-operation. A full recovery can take around six weeks. It is important for your recovery that you have some gentle exercise each day. More strenuous exercise and daily activities – especially heavy lifting, should be restricted for at least six

weeks.

You may start driving when you are able to move from side to side, can do an emergency stop without any pain and you are no longer taking any strong pain killers. You will also need to check with your insurance company when you can drive.

Bowel Care

It is important that you not become constipated (not being able to poo) after this surgery. A diet high in fruit, vegetables, fibre and water will help you maintain a regular bowel routine.

It is also important to try drink eight glasses of water a day to avoid constipation.

Alpine tea and Kiwicrush may be helpful. If you do become constipated you can buy a mild laxative over the counter from your local pharmacy.

Wound

You will have two small wounds in the lower abdominal or upper thigh area covered by small dressings. These dressings may be removed after 24-48 hours, and the wounds left uncovered.

Any bleeding from these should stop after applying direct pressure for 5 minutes. If you have sutures these will dissolve, but if they are irritating you can have them removed by your GP's nurse after 5 days.

You may notice a minor discharge from your vagina. There may also be a small amount of vaginal bleeding which could last a few days. This is normal as long as it is not unpleasant smelling.

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If it is unpleasant smelling, this could be because of an infection and you may need to be treated with antibiotics.

If you have heavy, bright red bleeding and you are filling one sanitary pad every hour, please contact the Women's Health Acute Assessment Unit, or your local Emergency Department.

It is important to use pads instead of tampons and AVOID swimming or hot tub soaks until you have stopped bleeding to avoid infection.

Sexual activity

We advise you not to have sexual intercourse until 4-6 weeks after the operation while your body heals.

Complications to look out for

We particularly want you to tell us if:

- You have increasing pain not controlled by pain relief.
- You have a fever (temperature).
- Your wound is bleeding and will not stop.
- Your wound is red or warm to the touch.
- You have thick and/or smelly ooze from your wound.
- You have heavy vaginal bleeding or unpleasant smelling discharge.
- You are constipated or unable to pass urine.
- You have on-going nausea (feeling sick) or vomiting.
- You notice one or both of your calf/s has become sore to the touch, is red or there is an increase in size of your calf/s.

Discharge and Follow-up

Following your operation the doctor will tell you of their findings. Your discharge summary is provided to you and your GP. Please check your discharge summary for details of your follow-up appointment.

At this time your recovery will be assessed and any results will be discussed.

Most women do not have any problems following Mid-urethral Sling placement.

If you have any concerns regarding your post operative recovery, please contact the **Gynaecology Ward/Womens Health Assessment Unit on 04 8060740 (24 hour coverage).**

Contact number if you have not heard about your follow up appointment.

**Women's Clinics Reception
Level 3
Wellington Regional Hospital
Phone: 04 806 0760**

Reception will either take a message or forward to the Clinic Nurse for the Specialist whose care you are assigned.