

# Transvaginal Taping

## After Visit Summary

This is general information. Please see your After Visit Summary for how to take care of yourself after surgery.

Your health care team will work with you to understand any challenges you have after your hospital stay. This will help your team work toward a plan to make sure you have the right care and support to help manage your health after you leave the hospital.

## Your Surgery

You had surgery to help your bladder incontinence.

## What to Expect After Surgery

- You will be told if you have vaginal packing left in place. It will be removed at your follow-up visit.
- If you have a urinary catheter, you will be given directions on how to care for it.
- Expect a small amount of bleeding.
- You may have a burning sensation the first time you urinate. This feeling should disappear within one day.
- You may have mild vaginal bleeding. This should not last longer than 3 to 5 days.

## Before the Surgery

- Tell your health care provider if you:
  - are pregnant
  - have a latex allergy
  - have diabetes
  - take a blood-thinner medicine.

- Remove any jewelry or piercings.
- Arrange to have someone drive you home. You will not be able to drive after the surgery.

## Pain Relief

- Take any prescription or over-the-counter medicine as directed.
- For the first 48 hours, you may place an ice pack on your genital area for pain relief.
  - Wrap the bag in a light towel before using.
  - Keep the ice pack on for 30 minutes and then keep it off for 30 minutes.

## Activity

- Your health care provider will tell you when it's OK for you to shower, drive, return to work, exercise and have sex.
- Don't put anything into your vagina (including tampons) and don't have sex until your health care provider says it is OK.
- Slowly return to your regular level of activity.
- Follow your health care provider's directions for how much you can safely lift.
- Rest as needed.
- Avoid tobacco and secondhand smoke. They can slow your recovery.

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## Incision Care

- Follow any directions your health care provider gives you.
- Don't use lotions, creams, ointments, gels or powders on your incision site.

## Food and Beverages

- Eat well-balanced meals. Follow any instructions your health care provider gave you.
- Avoid alcohol while you are taking prescription pain medicine.

## When To Call Your Health Care Provider

Call your health care provider if you:

- have a temperature of 101 F or higher
- have new pain or pain you can't control
- have bleeding that gets worse
- have problems having a bowel movement
- are unable to urinate or are straining to urinate
- see that the incision site opened

- have signs of infection at your incision site:
  - pain
  - swelling
  - redness
  - odor
  - warmth
  - green or yellow discharge
- are unable to get out of bed
- have nausea (upset stomach), bloating or vomiting (throwing up) that won't stop
- have any questions or concerns.

## Follow-up Appointment

Please keep all follow-up appointments with your health care provider or specialist, even if you are feeling well.