

Bladder Control Surgery

General Information

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

This surgery will help improve your bladder control. After your surgery you may feel tired. This is normal.

Before the Procedure

- 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 procedure.

Activity

- Follow any directions your health care provider gives you.
- Avoid strenuous exercise during your recovery.
- Do not have sex until after your follow-up visit with your health care provider.
- Follow your health care provider's directions for when to return to work.
- Avoid tobacco and secondhand smoke. They can slow your recovery.

Food and Beverages

- Eat a well-balanced diet.
- Resume your regular diet unless your doctor tells you otherwise.
- Drink at least 6 to 8 glasses of water each day.
- Avoid alcohol until your health care provider says it is OK.

Pain Relief

- Take any prescription or over-the-counter medicine as directed.

Hygiene

- You may take a shower when you feel able to get in and out of the shower.
- When you take a shower, it's OK to let the water run on your incision.

Incision Care

- Removable stitches or staples will be taken out at your follow-up visit. If Steri-Strips® (paper-like strips over the incision) were used, they will start to fall off in about 7 to 10 days. They do not need to be replaced.
- Absorbable stitches don't need to be removed.
- Keep your incision area clean and dry.

When To Call Your Health Care Provider

Call your health care provider if you:

- have foul-smelling vaginal odor (women)
- have new pain, pain that gets worse or pain that doesn't stop
- have a temperature of 101.5 F
- are unable to pass urine
- have nausea (upset stomach) and vomiting (throwing up)
- 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.