

# THE UROLOGY GROUP

www.urologygroupvirginia.com

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1860 Town Center Drive · Suite 150/160 · Reston, VA 20190 · 703-480-0220  
19415 Deerfield Avenue · Suite 112 · Leesburg, VA 20176 · 703-724-1195  
224-D Cornwall Street, NW · Suite 400 · Leesburg, VA 20176 · 703-443-6733  
24430 Stone Springs Blvd · Ste 100 · Dulles · VA 20166

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## STRESS INCONTINENCE PROCEDURES POSTOP INSTRUCTIONS

Recommend walking, avoid long walks, and you may slowly walk up stairs.

No strenuous exercise x 6 weeks.

Nothing in the vagina, and no intercourse for six weeks.

No lifting greater than 10 pounds for six weeks.

Do not drive within the first 48 hours, nor should there be any driving with narcotics or with pain.

Expect vaginal spotting/small amount of bleeding (2-3 pads per day) for 1-2 weeks.

Expect glue to possibly appear in labia/sides of vagina.

Call if unable to void or increased pain or fever.

No baths for four weeks.

You may shower. Okay to wash at the genital region following the procedure with soap and water. Keep area clean and dry.

There may be two small wounds at the pubic bone area or at the inner thigh area which may become bruised and that is normal.

If you have a catheter in place, empty the bag as directed and call if you are having uncomfortable bladder spasms.

Otherwise, void every 3-4 hours and do not strain to void.

Expect groin pain and possible bruising and muscular upper thigh discomfort for a less than 1 week period of time.

Avoid constipation (Dulcolax or MiraLax 1 x/day daily for up to 1 month)

Notify your physician regarding any temperature over 101°F, burning on urination, increased redness, swelling, or discharge from the incision sites.

Call your physician to schedule a postoperative appointment.