



CENTRAL MARYLAND UROLOGY ASSOCIATES

Instructions: Bladder Lift and Sling

CENTRAL MARYLAND UROLOGY ASSOCIATES, P.A. ■ MEDICAL PAVILION AT HOWARD COUNTY ■ 10710 CHARTER DR, SUITE 130 ■ COLUMBIA, MARYLAND 21044 ■ 410-772-7000

Listed below are a few “do’s and don’ts” as well as a few things to be aware of regarding your upcoming procedure. If you have any questions, please call us at 410-772-7000.

It is critical that you do not:

- Drive a car for 10 days.
- Partake in any activity for 24 hours that requires reaction time.
- Drink alcoholic beverages or smoke for 24 hours.
- Become alarmed if you experience nausea, vomiting, dizziness, or headaches today. If these conditions persist for more than 24 hours, call your surgeon.
- Have intercourse for six weeks.
- Use tampons or douche for six weeks.
- Lift more than 10 pounds for six weeks.
- Perform strenuous exercise (jogging, biking, etc.) for six weeks.

It is important that you:

- Rest quietly today.
- Have a family member or friend stay to help you at home for the rest of the day.
- Progress your diet as you tolerate it. Start with liquids and slowly return to solid food.
- Take all medications as prescribed. If taking narcotic pain medication do not drive a car or drink alcohol.
- Call if you are unable to urinate for more than six hours.
- Make an appointment to see me in two weeks.

Be aware that:

- Inflammation at the intravenous insertion site is not unusual. If you experience discomfort, apply moist heat to the area.
- Some spotting may occur for the next several days.
- You may shower tomorrow but refrain from tub baths for 14 days.