Tension Free Vaginal Tape System
Care After Surgery

Please read the instructions below. Refer to these instructions for the next few weeks. These instructions provide you with general information on caring for yourself after your operation. Your caregiver may also give you specific instructions. While your treatment has been planned according to the most current medical practices available, unavoidable problems sometimes occur. Discomfort from the operation area is normal for a couple of weeks. If you have any questions or problems after discharge, please call your caregiver.

HOME CARE INSTRUCTIONS:

- Take your prescribed medications as directed by your caregiver.
- You may take over-the-counter medication for minor pain with your caregiver's recommendation.
- You may resume your usual diet.
- **Do not** take aspirin. It can cause bleeding.
- It is helpful to have a responsible person with you for a few days or a week after the surgery.
- Shower or bath as directed.
- **Do not** lift anything over 5 pounds.
- Change your dressing as directed.
- **Do not** drive until your caregiver says it is OK.
- **Do not** have sexual intercourse until your caregiver says it is OK.
- **Do not** use tampons.
- You may take a laxative with your caregiver's recommendation.
- You may take sitz baths 2 to 3 times a day with your caregiver's advice.
- Make and keep your postoperative appointments.

SEEK MEDICAL CARE IF:

- There is increasing pain in the wound area.
- There is swelling or redness in the wound area.
- You develop abnormal vaginal discharge.
- You develop a rash.
- You develop nausea, vomiting, constipation or diarrhea.
- You think the stitches in the wound are breaking.
- You lose urine when you cough.
- You have problems with your medications.

SEEK IMMEDIATE MEDICAL CARE IF:

- You develop a temperature of 100º F (37.9º C) or higher.
- You have bleeding from the wound area above the pubic bone or from the vagina.
- You see pus coming from the incisions.
- You cannot urinate.
- You develop bloody or painful urination.
- You pass out.
- You develop leg or chest pain.
- You develop abdominal pain.
- You develop shortness of breath.

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