

# Bladder Suspension / TOT Post-Procedure Instructions

**UROLOGY**  
SAN ANTONIO

Your attention to the following instructions during your initial recovery will contribute to the success of the procedure.

## **Diet**

You may return to your normal diet within 24 hours after your surgery. We suggest clear liquids and a very light meal the first evening.

## **Activities**

During your initial recovery, follow these guidelines.

- You may not drive until 3 days after surgery
- You may go up and down stairs
- You may not lift anything over 10 pounds for 6 weeks
- You may not exercise until permitted by your physician
- You may not have sexual intercourse or use tampons for 6 weeks

## **Wound Care**

You will have 2 small incisions in the groin and one small incision inside the vagina. These incisions do not require any special care. You may shower 24 hours after surgery. Do not swim, take a tub bath or soak for 1 week. You may experience some vaginal spotting, which is to be expected. If you have persistent bleeding, contact your physician.

Some patients are sent home with a catheter, which drains urine from the bladder. It is normal to see blood in the urine while the catheter is in place, and you may continue to see blood in the urine for several days after the catheter has been removed. When you have a catheter, it is very important to drink a lot of fluids. If you are discharged with a catheter in the bladder, your doctor will tell you when to return to clinic to have the catheter removed.

## **Bowel Care**

It is important to keep your bowels regular during the post-operative period. The rectum and the bladder are located next to each other in your body, and large and hard stools that require straining to pass can cause bleeding. You may be given stool softeners to prevent constipation. If needed, you may take an over-the-counter laxative such as milk of magnesia or Dulcolax.

## **Medication**

You should resume all of your pre-surgery medication unless your doctor tells you otherwise. In addition, your doctor will often prescribe an antibiotic and a stool softener. You should take the antibiotic as prescribed until the bottle is finished unless you experience problematic side effects from medication. If you experience problematic side effects, call your urologist.

## **Follow Up**

Your doctor will tell you when he or she wants to see you back in the office after your procedure.

## **Call Your Urologist If You Experience These Problems**

- Fevers over 101.5° F
- Heavy bleeding or clots (see notes above about blood in urine)
- Inability to urinate