

# Charles Street Obstetrics~Gynecology Associates, P.A.

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## Postoperative instructions for TVT or TOT

- During daytime hours, urinate (empty your bladder) every 3-4 hours.
- If you were discharged with the catheter still in place, follow the instructions for its care and emptying of the leg bag as you were instructed to by your nurse. Make an appointment one week after surgery for a voiding trial in the office.
- For the first 24-28 hours after the procedure, you may have some nausea and vomiting, menstrual-like lower abdominal cramps, pain at the incision sites, muscle aches, shoulder pain, or sore throat. These symptoms will resolve quickly.
- Vaginal bleeding may occur, and may last 3-5 days. Use sanitary pads, not tampons. Do not have sex and do not douche for 4-6 weeks.
- If nausea is present after surgery, eat lightly until it resolves. Clear liquids such as soups, broth, Gatorade, and flat cola are advised.
- You may go up and down steps several times a day. No housework or heavy lifting is permitted for at least the first 2 weeks.
- The steri-strip bandages over the lower incisions will begin to curl at the edges and fall off on their own in about 7-10 days. Observe these for redness, swelling, or excessive drainage.
- You may drive a car 2 days after surgery.
- You may shower the day after surgery. Do not take a tub bath until after your return visit.
- If you did not make your postop appointment when you scheduled your surgery, please call the office to schedule an appointment for 2 weeks after your surgery.
- Call the office if any of the following conditions occur:
  - Temperature greater than 100.4
  - Persistent nausea with vomiting
  - Increasing pain not relieved with pain medication
  - Vaginal bleeding heavier than a period
  - Inability to urinate
- If you have any questions, please do not hesitate to call the office: 410 823 1120