

**UROLOCARE HOSPITALS**

(Pty) Ltd. Reg. No/nr. 2001/005764/07

## FEMALE-SLING

### **What to expect at home**

1. You may have pain or discomfort in your vaginal area or legs for a few months
2. Light bleeding or discharge from the vagina is normal.

### **Self-Care:**

How to take care of your surgical incision (cut):

1. Keep a dry dressing over the incision. Change the dressing as needed (as instructed by your doctor.)
2. You may shower after your surgery. Gently wash the incision with mild soap and rinse well. Gently pat dry. Showers are better than baths for a few weeks, until your incision has healed.

### **Try to prevent constipation**

1. Eat foods that have a lot of fibre
2. Use stool softeners as prescribed by your doctor. Straining during bowel movements will put pressure on your incision
3. Drink extra fluids to help keep your stools loose.

### **Do's and Don'ts**

1. You may slowly start your normal household activities. Be careful not to get overtired
2. Walk up and down stairs slowly. Walk every day. Start slowly with 5 minute walks, 3 or 4 times a day. Slowly increase the length of your walks
3. Do not lift anything heavier than 2 litres of milk for at least 4-6 weeks. Lifting heavy objects puts too much stress on your incision
4. Do NOT do strenuous activities such as golfing, playing tennis, bowling, running, biking, weight lifting, gardening or mowing and vacuuming for 6-8 weeks. Ask your doctor when it is acceptable to start
5. You may start sexual activity after 6 weeks. Ask your doctor when it will be acceptable to start
6. Attend your follow-up appointment.

### **When to Call the Doctor**

*Call your doctor or nurse if any of the following occurs:*

1. Severe pain
2. Fever
3. Heavy vaginal bleeding
4. Vaginal discharge with an odour
5. A lot of blood in your urine
6. You have signs of infection (a burning sensation when you urinate, fever or chills).



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