

## Urinary incontinence surgery

These instructions are intended for printing. The instructions contain sections to be filled in.

Urinary incontinence surgery (TOT or TVT = tension-free vaginal tape) is performed as a treatment for stress incontinence.

### Procedure

The operation is performed under spinal anaesthesia. The patient is also given relaxing medication and painkillers. In the operation, the urethra is lifted with a tape.

### Recovery

Recovering from the operation takes a few hours at the ward. You will be released from the hospital when you are able to urinate. If you remain unable to urinate, you will be kept under surveillance at the Gynaecological Ward overnight. Do not be alarmed, if you experience problems with urinating during the first weeks of your recovery. The final results of the operation are not seen until after months. During the first two weeks after the operation you should avoid bathing, swimming, intercourse, lifting heavy objects (over 2–3 kg), and heavy exercise (for example gym).

### Wound care

You may shower after 24 hours. The sutures are absorbable and do not require removal. You may go to sauna after one week, when the wounds have been healed.

### Treatment of pain

Usually, non-prescription painkillers are enough for home treatment.

Paracetamol

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Anti-inflammatory

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Strong painkiller

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Other medication

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Sick leave is 7–10 days.

## Contact us

If you experience problems with urinating, your bladder does not empty, or you have other questions after the surgery, you should contact your health Centre or occupational health Centre.

Gynaecological Outpatient Clinic on working days from 14.00–15.00, telephone 06 213 2012,

Day Surgery Unit on working days from 07.00–15.00, telephone 06 213 1552

Your own health Centre or occupational health unit

Telephone nursing services from 15.00–08.00 on Monday–Thursday and from 14.00–08.00 on Friday and 24 hours a day during weekends and on midweek holidays, telephone 116 117

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This instruction is intended for our patients who are in care relationship.