

## **Sling surgery for urinary incontinence – outpatient surgery**

You have an appointment at the Department of Obstetrics and Gynecology for a sling surgery. The goal of the operation is to improve stress urinary incontinence.

**A nurse will call you** with instructions on how to prepare for the surgery **on the week preceding your operation. Contact the hospital** if you **suspect you have a urinary tract infection** or if you have questions about the operation.

### **Preparing for the operation**

**Wash yourself the evening before your operation.** Remove all jewelry and leave them at home. On the day of the surgery, wear comfortable clothes that are easy to remove.

### **Eating and drinking**

You can eat and drink normally before the operation.

### **At home medication**

**You can take your prescribed medication as ordered**, if you have not received separate, specific instructions not to do so. If you use an asthma inhaler, eye drops, or an insulin pen and a blood glucose monitor, please take them with you to the hospital. If you use **natural products** such as Omega or VitaePro supplements, **stop taking these supplements one week before the procedure.**

### **Premedication**

If possible, take **1 gram of paracetamol** as premedication before you arrive at the hospital.

### **Laboratory tests**

Pre-surgery laboratory tests are usually required, and instructions for the tests has been included with your appointment letter. The tests are taken **about a week before your procedure** at your municipal health center's laboratory. You need to book an appointment for these tests yourself.

### **Sling surgery**

The operation is carried out under local anesthesia, and if necessary, you will receive intravenous pain medication. During the operation, a strip of mesh is inserted to support the urethra through incisions that are approximately 5 millimeters in length. Two incisions are made above the pubic bone on the lower abdomen or the groin, and a third incision is made on the

vaginal mucosa, below the urethra. The incisions are closed using absorbable sutures; medical tape can be used on the skin as well.

### **After the procedure at the hospital**

After the operation is over, your recovery is observed at the recovery unit. When about two hours have passed from the operation, you will be asked to urinate. The amount of residual urine in the bladder is checked by using an ultrasound or a catheter.

### **Discharge from the hospital**

You can leave the hospital when you feel well enough to do so. You must not drive yourself home after the operation. **Sick leave is prescribed for about 5 days.**

### **At home after the procedure**

**It is normal if passing urine becomes slower after the procedure.** Emptying the bladder requires sitting patiently, shifting your posture, and relaxing. Straining too much makes urinating harder, because the sling can tighten.

Urinary incontinence problems can recur with time, which is why we recommend that you continue doing **pelvic muscle exercises** as a preventative measure. **Avoid strenuous exercise and lifting for 2 weeks** after the surgery.

### **Contact the hospital where your surgery was performed**

if your body temperature reaches over 37.5 degrees repeatedly or you experience difficulty urinating (difficulty passing urine, increased need to urinate, burning sensation) during your sick leave.