



UROLOGICAL
CONSULTANTS

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FACTSHEET

"SLING PROCEDURE" FOR INCONTINENCE

About the Procedure:

In both men and women with certain types of incontinence, the insertion of a sling—a mesh tape that provides support to the urethra—may provide an improvement in symptoms. This procedure is performed under sedation or general anesthesia on an outpatient basis—most patients are able to go home the day of the procedure—and takes 1 to 2 hours to perform. While some patients may require a catheter for a few days after the procedure, most will urinate normally immediately after the procedure, beginning in the recovery room.

Preparing for the Procedure:

Do not eat or drink anything after midnight the night before the procedure. You should take your usual medications as you normally would the morning of your procedure with a small sip of water only (avoid juice, milk, coffee, etc.).

Starting a 5 to 10 days prior to your procedure (ask your doctor for a specific time), it is important to stop taking medications that might increase your risk of bleeding. For a list of blood-thinning medications that should be avoided, ask your doctor.

Make arrangements for someone to drive you home on the day of your procedure.

After the Procedure:

Some patients will require a catheter for a few days after their procedure. The catheter should only be removed by your Urologist. Drink 6 to 8 glasses (1500cc) of fluid daily until the catheter is removed. If blood appears in your urine (red fluid in the tubing of the catheter), increase your fluid intake and decrease your activity level until it clears.

While at home, keep the catheter connected to the large drainage bag. It is OK to use the smaller drainage bag if you plan on going out of the house. It is normal for your catheter to have pink to reddish urine, especially with increased activity or bowel movements. Decreasing your activity and increasing fluids will usually make the urine clear. Men with a catheter may notice pink discharge at the tip of the penis—this is normal. Applying over-the-counter antibacterial ointment (e.g. Neosporin or Bacitracin) 2 to 4 times daily to the tip of the penis will help decrease irritation.

On the second day after your surgery, it is OK to shower, but baths and soaking in a tub should be avoided for 2 weeks after the procedure. The incision should be kept clean and dry to allow it to heal, so it is important to shower once a day. The incision generally heals in five to seven days, and the stitches will dissolve and their own and do not need to be removed. Avoid any strenuous activity, exercise, or heavy lifting for 4 to 6 weeks after the procedure. You should abstain from sexual intercourse for 6 weeks following the procedure.

It is usually OK to resume your blood-thinning medication the day after your procedure, but check with your doctor to be sure. Take all the medications prescribed by your doctor (including any antibiotics and pain medications), and schedule an appointment to follow up with him within the first 2 weeks after the procedure (ask your doctor if you are unsure when to follow up).

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