

Urogynecology and Pelvic Surgery Center
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TOT SLING POSTOPERATIVE INSTRUCTIONS

- During daytime hours empty your bladder (urinate) every 3 to 4 hours.
- No lifting over 10 pounds for 6 weeks.
- You may go up or down stairs as needed.
- You may drive 3 days after surgery, or until off of pain medication.
- You may shower the day after surgery, however, do not take a tub bath for 2 to 3 weeks.
- Vaginal spotting is normal for the next 5 to 7 days.
- Do not have sexual intercourse or use tampons for 6 weeks.
- Notify your physician regarding any of the following: temperature over 100° F, redness, swelling, or discharge from the incision site(s).
- If you have a catheter, return to the office for removal when instructed by your physician.
- Call your physician to schedule a follow-up appointment 2 weeks after surgery.
- Do not exercise until permitted by physician.
- Take stool softeners as directed by your surgeon.