What to expect after you Male Sling Surgery

You have just undergone a major operation. The healing process takes time so please observe the following instructions during your initial recovery. We have written this information for you to use as a reference during this initial healing phase.

ANESTHESIA INSTRUCTIONS: For the next 24hrs
- Do not operate a car or any type of vehicle or machinery (for example, a lawn mower).
- Do not drink alcoholic beverages. You may be more sensitive to the effects of alcohol.
- Do not perform tasks that require much skill or fine finger work.
- Avoid making important legal or financial decisions.
- The medications used may cause nausea. If nauseated, avoid milk and other dairy products, fried or spicy foods. Start with clear liquids in small quantities and gradually increase to a regular diet until symptoms resolve.

Diet
You may return to your normal diet after surgery. Do not drink alcohol while taking narcotic pain medication.

Activity
1. You should mostly rest for the first 24 hours following your surgery. While resting you are encouraged to point your toes toward the bottom of the bed. Then point your toes up toward your face. Repeating this simple exercise for 2 minutes each hour, while awake, while decrease your chances of having a blood clot.
2. You should get up and move around as early as possible and as many times as you can. The first few times that you get out of bed to walk around, someone should be with you to assist you. This is to make sure that you are steady on your feet. You should then spend as much time out of bed as possible. A rule of thumb is that you should be out of bed as much or more than you are in bed (during waking hours).
3. You should walk about as much as you are able to tolerate and gradually increasing the amount of walking you do each day. Prolonged sitting position is discouraged as it places pressure on your surgical site. You may walk up and down stairs but take them slowly.
4. Avoid heavy lifting (greater than 5 pounds) or strenuous activity for 4 weeks after you are surgery. Heavy lifting can increase abdominal pressure, which can put a strain on your incision. Five pounds is equivalent to a large telephone book or a gallon of milk.
5. Do not put any direct pressure on the incision for long periods of time. Do no straddle (no bicycle/motorcycle for 2-3 months). It is necessary to change the way you sit as your incision is between your anus and scrotum. Do not sit directly your incision; instead sit with your weight shifted back onto your buttocks. You may use an air-filled donut, soft cushion or other type of pillow to sit on, especially for the first 2-4 weeks after surgery.
6. It is recommended that you avoid any activity that requires you to straddle anything, such as riding a bike, ATV, horseback riding, etc.
7. Avoid bending. This is increases abdominal pressure. Remember to avoid any squatting position for 2 months. This includes bringing the knee toward the chest in any fashion (high steps/ladders, etc.)
8. Do not resume sexual activity until you discuss it with your doctor at your first post-operative visit. Your doctor will let you know when you can resume sexual activity, typically after 2-4 weeks.
9. Do not drive for three to four weeks or as directed by your doctor.

Antibiotics
You will be discharged home with a prescription for an antibiotic pill. The antibiotic should be started on the first night following your surgery. It is important to take all tablets until completed.

Scrotal Swelling
You may experience some swelling and redness/bruising of the scrotum. This is normal. A rolled towel can be placed under your scrotum to help keep the swelling down. One the catheter is removed you may also wear supportive underwear/briefs or an athletic support for additional comfort.

Urinary Catheter
You will have a Foley catheter placed in the operating room at the time of your sling surgery. The catheter will be removed on the morning after surgery.
Pain Control
Please expect some discomfort following your procedure. Our goal is to keep you comfortable. You pain medication will be ordered as needed basis and so be taken as instructed. You should not drive or operative equipment while taking your pain medication.

Shower
You may take a shower after 24 hours (even if you have a catheter in place). Gently let water run over the incision, gently rinse thoroughly, and pat dry. This will be sufficient to keep your incision clean, dry, and free of bacteria. Do not take any tub baths/soaks until your incision is completely healed (which should be in 4-6 weeks) or while you have a catheter.

Bowel Habits
Avoid constipation. This will prevent unnecessary straining. To prevent constipation you can increase should drink 8-10 glasses of water daily. If constipation occurs, take milk of magnesia (2-3 tablespoons) or two Dulcolax tablets. Should constipation become a problem that is not relieved please notify your doctor.

Reasons to call your doctor:
- The incision becomes red, swollen, opens, or there is pus-like drainage.
- The skin around your incision feels warmer than elsewhere.
- There is an abnormal odor or cloudiness to your urine.
- You have nausea and vomiting.
- You cannot move you bowels.
- You have chills or temperature greater than 101 degrees F.
- You experience severe pain that is not relieved by pain medication.
- Drug reactions i.e. itching, hives. If you develop shortness of breath, chest pain, swelling to the face, mouth or throat, call 911 or go immediately to your nearest emergency room.

Follow-Up
You will be given two follow up appointment. The first one is for your catheter removal which occurs the day after your surgery. The second appointment is in three weeks and at this time your incision will be check and postoperative progress will be discussed.

Contact Information:
Our offices are open as follows:

Monday - Friday  8am – 4pm  410-266-8049
After 4pm, weekends and holidays 443-481-3003