Vaginal Surgery or Mid Urethral or Bladder Sling
Post Operative

Surgery Date: __________

Diet
• Return to your normal diet.

Bowel
• Avoid constipation.
• Take an over the counter stool softener daily for a week; take a mild laxative if needed.

Bathing
• You may shower.
• No tub bathing or vaginal douching.

Sexual Activity
• Intercourse is to be completely avoided until after the 6 week visit and after a discussion with your doctor.

Mesh (Stress incontinence sling, please disregard these treatments)
• If a mesh was inserted for a bladder or rectum repair, use Metrogel 2 times per day for 2 weeks.
• Diflucan 150 mg 1 time per week for 2 weeks.
• Starting week 3, use Estrogen Cream, 2 times per week.
• Do not stop unless you discuss with your doctor.

Activity post Mid-Urethral Sling
• No heavy lifting over 30 lbs or pelvic straining of any kind for two (2) weeks.
• No aggressive exercising for four (4) weeks.

Follow up
• Call the office to make an appointment for a 2-week visit.
• At the post op visit your surgery results will be discussed. You will have a pelvic exam.

Call the office for any questions or concerns (315) 492-5005.