



**URINARY SLING:
MONARC OR MINIARC
POST-OPERATIVE INSTRUCTIONS**

The Sling procedure is an outpatient procedure done to treat stress urinary incontinence. It provides support to the urethra. While this is considered a surgery, it is minimally invasive and you should not have to spend more than 24 hours in the hospital. The mesh will stay in your body.

On the day of the surgery:

- You will usually be asked not to drink or eat anything for 6 to 12 hours before the surgery.

After the Procedure

- When you awake from surgery you may have a catheter in place. This will remain in for 24-48 hours following surgery. You may be required to self-catheterize for a couple of days to allow swelling to minimize. Some frequency, burning during urination, and blood in the urine is to be expected.
- The sutures (stitches) in your vagina will dissolve after several weeks. After 1 to 3 months, you should be able to have sexual intercourse without any problems.
- You may be in the hospital for less than 24 hours. Some people need to stay for 1 or 2 days.
- After surgery you will be given clear liquids such as broth, juices, or Jello. As you are able to tolerate it, you will return to a regular diet.
- You may expect abdominal distention, constipation, or bloating: Take a Colace OTC. If you have no movement after 24 hours it is fine to use a Ducolax suppository. Do not strain during your bowel during movement.
- Do not lift or pull anything heavier than 15 lbs or approximately 2 gallon milk jugs.
- Shower the day after surgery. Do not take baths or soak in a hot tub for 6 weeks.

If you experience any of the following, please contact our office:

- Fever over 101° F, uncontrolled pain, nausea, or vomiting.
- Difficulty passing urine.
- Blood clots in urine.
- Excessive vaginal bleeding.
- Redness or drainage at the incision sites.

**Please call our office at (503) 561-7100 with questions that are not addressed
by this form during the hours of 8:30 am - 12 pm and 1 pm – 4:30 pm.**

In the event of an emergency, contact the doctor on call via the same number or call 911.