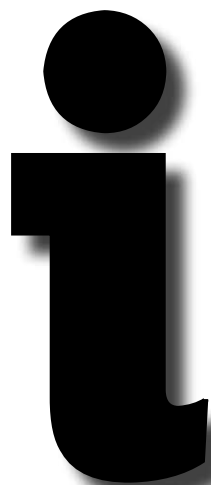


Aftercare following Tension-Free Vaginal Tape (1 of 2)



If you need your information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: customer-care@salisbury.nhs.uk

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

Please complete The Friends & Family Test to tell us about your experience at: www.salisbury.nhs.uk/FriendsFamily or download our App from the Apple App store or Google Play Store.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

Name: Pauline Manktelow
Role: Urology Nurse Practitioner
Date written: April 2007
Last reviewed: Oct 2018
Review date: July 2021
Version: 1.3
Code: PI0696

You have had surgery for stress incontinence and will be allowed home once you have passed urine.

Will it hurt when I get home?

Some mild pain may occur over 24 - 48 hours after surgery. This should be controlled by simple pain relief such as paracetamol or Ibuprofen. Please follow the instructions given on the packet.

Are there any complications after this procedure?

A few patients have difficulty passing urine after the operation and may then require a catheter to be inserted for a day or two. If this has resulted from an over tight tape, it can be stretched.

An over tight tape can also lead to a sensation of urgency (a strong and sudden need to pass urine) and urge related urinary leakage. If this occurs stretching the tape should relieve these symptoms.

There is a chance that you will develop a urine infection after the operation (in about 6% of patients). To help prevent this you should make sure that you have a good intake of fluid during the day - water is particularly good.

If you develop any of the following symptoms please contact your GP as you may need some antibiotics:

- increase in frequency of passing urine
- burning pain when passing urine
- offensive smelling urine.

Occasionally a portion of the tape may become exposed on the surface of the skin but this is rare. It is treated by antibiotics and closure of the wound, sometimes with removal of a section of the exposed tape.

What happens if the incontinence is not cured?

This usually occurs because the tape tension is too loose. You would need to be investigated with further tests. Treatment would be based on the results of these. Occasionally a new tape has to be inserted.

When can I return to my usual routine?

You should be able to return to your normal activities after one or two weeks. You should avoid unnecessary heavy lifting for 6 weeks.

Department of Urology
01722 226262 ext 4866 (answerphone)

When can I drive?

Usually within 48 hours of surgery. Check with your insurance company as policies vary.

When can I have intercourse?

After four weeks.

When can I play sport?

As soon as you are pain free, usually around one or two weeks, although you should refrain from vigorous exercise for a month.

Does the tape remain in forever?

Yes: long-term follow-up checks show that it is inert and remains there to support the urethra.

Further information

Please speak to one of the urology specialist nurses, your surgeon or your GP or try:

NHS 111 service

www.nhs.uk