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POST OPERATIVE GUIDELINES

SUBURETHRAL SLING PROCEDURE

1. You can expect to have a vaginal loss for a few weeks. This may range from a watery loss to moderate bleeding but is usually minimal.
2. Please use pads and not tampons, for the first 2-3 weeks.
3. Please avoid intercourse for four to six weeks.
4. Avoid constipation. Use a mild natural laxative as necessary in the first few days.
5. You may return to light normal daily activities and driving after 2 weeks but no vigorous exercise for six weeks.
6. No heavy lifting or straining or gym for six weeks.
7. Shower as usual.
8. No swimming for the first 2-3 weeks.
6. You may take Panadol or Panadeine for pain relief.
7. If there are any problems, please ring me

- a) Severe pain.
- b) Very heavy bleeding,
- c) Fever
- d) Offensive vaginal odour.
- e) Difficulty passing urine, burning or pain on urination, or abnormal leakage of urine. f)
Constipation.

8. Please arrange a review appointment with me in about six weeks time.

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