

## Patient Education Tension Free Vaginal Tape

### Dear Patient:

Your doctor has scheduled you for a tension free vaginal tape (TVT). This surgery is a type of treatment for bladder control problems or leaking of urine. During this surgery, your doctor will place a special type of material between the bladder and vaginal wall which will provide support to your bladder. This surgery is done through an incision above the vaginal opening and two small pubic incisions or 2 small incisions in the pubic area.

### Before your surgery

- ❖ **DO NOT** eat or drink anything after midnight on the night before the surgery.
- ❖ Remove makeup, finger and toe nail polish, and jewelry before coming to the hospital. Remove piercings (earrings, tongue ring, etc.).
- ❖ When you arrive, you will be taken to your room to get undressed and into a hospital gown.
- ❖ Your doctor or a nurse anesthetist will visit with you regarding the type of anesthesia (usually general or spinal with sedation) you will receive. Please tell the anesthetist if you have dentures or partials.
- ❖ You will have an IV started in the Same Day Surgery area.
- ❖ You will be taken to surgery about ½ hour prior to surgery.

### During your surgery

The surgery takes about 20 - 30 minutes. You will have a heart monitor and blood pressure cuff applied, and a pulse oximeter (measures the oxygen in your blood) placed on your finger. If you are having spinal anesthesia, the anesthetist will perform the spinal and give you medication through the IV which may make you sleepy. If you are having general anesthesia, the anesthetist will wait until the doctor is ready, then give you medication through your IV which makes you sleep through the surgery. At the beginning of the surgery, you will have a tube (foley catheter) inserted to drain urine from your bladder.

You will go to the recovery room to awaken from the anesthesia. You will be monitored in the recovery room for approximately 1 hour.

### After your surgery

- ❖ You will be taken to your hospital room from the recovery room. You will be encouraged to cough and deep breathe frequently to keep your lungs clear.
- ❖ You will have an IV through which you will receive fluids.
- ❖ You will have a foley catheter in your bladder, which will be removed after surgery.
- ❖ After you are able to empty your bladder without difficulty, you may go home either the same day of your surgery or the next day after surgery.

**Pain/Medications:** Your vaginal and pubic area will be sore after surgery. Your doctor has pain medication available for you upon request. You may also have an antibiotic ordered to take as directed.

**Diet:** After returning to your room, you will be given ice chips and water to drink. If you tolerate this without nausea or vomiting you may have clear liquids such as sprite, jello, broth, decaf coffee, etc. If tolerated, you may begin eating a normal, well-balanced diet.

**Dismissal:** You will need to have someone drive you home from the hospital. Go directly home and keep all follow-up appointments with your doctor.

### **After Dismissal**

**Activity:** You will be encouraged to walk soon after surgery. Short walks several times a day will speed up the healing process. You may ride in the car and climb stairs. **Do not** perform any strenuous activity such as lifting anything heavier than 10 lbs. for 2 weeks. You may NOT have sexual intercourse for 2 weeks or until permitted by your doctor.

**Pain:** A non-aspirin pain reliever, such as Tylenol or Ibuprofen, may be used for pain. If an antibiotic is prescribed, take the antibiotic until it is gone. It is normal to have light vaginal spotting for up to 2 weeks. If you are using more than 2 pads per day, contact your doctor.

**Infection:** If you have any of the following, call your doctor.

- ⊗ Yellowish, green or foul smelling drainage from your incisions
- ⊗ Steady bleeding from your incisions
- ⊗ Unable to empty your bladder after having the foley catheter removed–  
If you are urinating moderate amounts (at least 1 cup of urine) then you are emptying your bladder  
If you are urinating small amounts (only 1/4 - 1/2 cup of urine) then you are not emptying your bladder
- ⊗ Burning or frequent need to urinate
- ⊗ An Increase in bright red drainage or foul smelling drainage from your vagina
- ⊗ Temperature greater than your doctor's recommendation (see dismissal instructions)
- ⊗ Chills or other flu like symptoms
- ⊗ Increase in the severity of pain anywhere in the body not relieved by pain medication
- ⊗ Chest pain, trouble breathing
- ⊗ Itching or rash after taking your pain medication or antibiotic

Please refer to your dismissal instructions for further information.