

Solyx Sling Discharge Instructions

What to expect

- It is common to have some burning with urination, urinary frequency and urgency
- If unable to urinate, call the office immediately. After hours go to the local ER.
- Some slowing of the urinary stream is normal. This usually improves with time.
- You may have bruising of the genitalia and a small amount of vaginal bleeding. The bruising will resolve with time. The vaginal bleeding may last 3-4 days and might increase slightly as you increase your activity.
- The vaginal stitches will be absorbed after about two weeks.

Urinary catheter

- If you go home with a foley catheter, please contact the office the following day to schedule a visit to remove the catheter.

Medications

- You may take Tylenol or Ibuprofen over the counter as directed
- If you become constipated, take whatever works for you. Milk of Magnesia, prune juice, Miralax, Dulcolax or Magnesium Citrate are a few options.
- If you are on a blood thinner such as Aspirin, Coumadin, Plavix, Pradaxa, Effient or any other blood thinner, you may restart these medications in 24 hours unless directed otherwise.
- If you were taking any bladder medications before surgery (e.g. Myrbetriq) you may continue these for 2-4 weeks after surgery and then stop them as your symptoms improve.
- You will be sent home on the following medications:
 - **Tramadol 50 mg every 6 hours as needed** for uncontrolled pain

Activity

- Do not lift more than fifteen pounds for 1 week after the Solyx sling procedure.
- If you see more vaginal bleeding, you probably did too much. If this happens, decrease your activity, drink more water until the urine clears up
- You may shower tomorrow. No tub baths or swimming for 2 weeks
- No vaginal intercourse for 6 weeks.
- Eat what you feel like. Sometimes after surgery people are not hungry or don't eat much. As long as you are able to eat/drink without nausea or vomiting, this is fine. Start slowly.
- Do not drive until you are pain free. We just want you to be sure you will not be in pain and have an accident, hurt yourself or anyone else.

When to Call

- Tomorrow to schedule a follow-up visit 2-4 weeks
- If you develop any of the following please call us immediately:
 - Fever > 101 degrees.
 - Inability to urinate
 - Nausea/vomiting or pain that is not improving.
- You may also message us via the Advanced MD Patient Portal for non-urgent questions.

Wishing you a speedy recovery!

Dr. Joe Pazona



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