

DISCHARGE INSTRUCTIONS

Center For Urology
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SURGICAL PROCEDURE: Male Sling Procedure INSTRUCTIONS:

- 1) **No strenuous activity at all !**
ie. = no exercise, no lifting, shoveling or sports, no sex, no grass mowing, no riding on a lawn mower. Moderate walking distances, up to 1 mile, is allowed (slowly) daily for first 7 days.
- 2) **You may or may not have a catheter in your bladder when you leave the hospital. It is very common after this procedure to be unable to void. If you do have a catheter, you will be instructed on how to empty the bag, and switch from leg bag to overnight drainage bag.**
- 3) **Take your antibiotics as prescribed.**
- 4) **Take your pain medication as needed, but realize that this medication can cause constipation and it therefore may be advisable to take a laxative. This medication can also affect your reflexes and judgement.**
- 5) **Avoid driving a car for the first two weeks.**
- 6) **You may shower after 2 days, but do not sit in the tub.**
- 7) **Use a jock strap with gauze dressings and change as needed for 3-5 days.**
- 8) **Continue to take your routine medication unless your doctor has advised you differently.**
- 9) **Make sure you have an appointment to see your urologist day after surgery for catheter removal.**

CALL YOUR DOCTOR:

If you develop fever or chills. If the catheter stops draining. If you develop bleeding or increased redness at the incision or it opens up. If you are unable to urinate.