

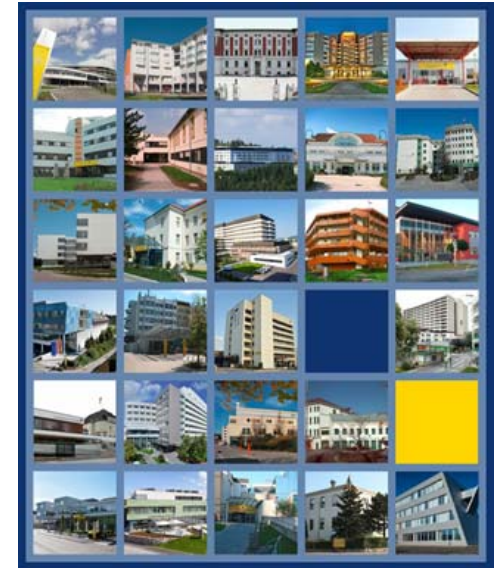
In the case of fever, severe lower abdominal pain or problems when urinating, you should visit a medical specialist without delay.

We hope to have answered all your potential questions with this information and wish you a speedy recovery.

Your urology team

Urology

Discharge information



Behaviour after incontinence surgery

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Dear Patient,

You have had a vaginal tape (TVT plastic) inserted, which supports the female urethra during sudden pressure on the pelvic floor, preventing urine from leaking.

Further to our discussion at discharge and the doctor's letter, we would like to provide you with some more information relating to the time after your stay in our department.

Please observe the following for the most favourable treatment outcomes:

Physical rest	3-4 weeks
Avoid lifting and carrying heavy objects (max. 3–5 kg)	2-3 weeks
Avoid sexual intercourse	4 weeks
Avoid full baths and visiting the sauna and swimming pool	6 weeks
Check-up with your consultant in	4-6 weeks

General guidelines for behaviour

- Ensure plentiful fluid intake.
- You can eat and drink whatever you like (normal diet). However, foods and drinks which cause flatulence should be avoided.
- Pay attention to regular (soft) bowel movements and regular bladder emptying.
- The urethral sphincter and bladder muscles may be somewhat irritated in the early weeks. This manifests itself through a stronger urge to urinate in the morning, combined with leakage of urine a drop at a time. However, these symptoms should disappear spontaneously after two to three weeks.
- Exercise outdoors in the fresh air; walking is recommended.