



## ***Your important health information***

# **Following continence surgery**

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### **Definition**

- Continence surgery provides support to the urethra and bladder neck.
- It aims to stop leakage with cough, sneeze, run, jump, lift or laugh.

### **Pain management**

- You can have regular pain relief such as paracetamol.
- You can also take any pain medicine given by your doctor.
- Take these when you need to. Follow the instructions on the packet.
- If the pain gets worse or does not go away please contact your local doctor.
- If you are taking antibiotics, you need to finish all of the tablets.

### **Physical activity**

- At home, it is important to build up activity slowly. Rest part of the day as this helps healing.
- Do not lift heavy objects (no more than 5kg).
- Do not run, jump or weight train. This may delay healing of wounds.
- There are stitches in your vagina. These can take 4-6 weeks to disappear. You should not have sexual activity until after your six-week check-up.
- You may have a vaginal discharge for two to four weeks after surgery.

### **Bowel and bladder**

- You should use your bowels regularly. Your bowel motions must be soft and easy to pass. Make sure that you do not strain.
- If taking pain killers that have codeine in them make sure that you do not become constipated. Straining to open your bowel can cause pain and discomfort.
- Eat a high fibre diet. Drink adequate amounts of fluid (1.5 to 2 litres per day).
- If you have any frequency, pain or burning when you pass urine please contact your general practitioner (GP).

### **Hygiene and wound care**

- Some vaginal discharge, bleeding or spotting is normal after the surgery. This will lessen over the next two to four weeks.
- Maintain good hygiene of the perineal area. Do not use soap on the vulval area.

- You should contact your GP if you have an increase in vaginal bleeding. This includes fresh blood or clots.
- If there is any offensive vaginal loss you should see a doctor.
- If you develop a HIGH temperature you should see a doctor.
- Use sanitary pads, not tampons.
- Do not to swim in public pools.
- Do not soak in baths for long periods. You can do so after your vaginal bleeding has stopped or any cuts have healed.

## Physiotherapy

- Follow the instructions given to you by the physio.
- Keep wearing your white stockings until you are mobile and active.
- You should see a doctor or come straight to the Emergency Department if you have:
  - pain, tenderness, swelling or heat in the calf
  - breathlessness or pain in the chest.

## If you have any queries about your health please call:

- Ward 6 Gynaecology: 8458 4853
- Urogynaecology Unit: 8458 4890
- Mercy Hospital Emergency Department: 8458 4000

### Further Information

If you have any questions regarding this information, please contact:  
 Mercy Hospital for Women  
 Urogynaecology Unit  
 Phone: 03 8458 4890

### Acknowledgements

Produced by: Urogynaecology Unit MHW  
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