

Post Operative Instructions for Tension-free Vaginal Tape Procedures (TVT or TVTO)

- You may notice that when you pass your urine, the stream is less and it may take you longer to urinate. This is normal. If it does not go away or you feel burning when voiding, see your specialist or family doctor to be checked for urinary tract infection.
- Majority of patients go home with no catheter. A few patients may go home with a catheter in your bladder to drain urine over night. You will be given instructions on how to care for it and when and how to remove it.
- You may shower tomorrow. You may have a tub bath in 2 weeks.
- You may notice a small amount of vaginal bleeding and some bruising. The stitches in the vagina dissolve on their own.
- You will have some tapes covering your incisions. These are called steri strips. They can be removed in a few days. You may have a small amount of vaginal bleeding and some bruising around the incisions.
- You may notice some discomfort in your pubic area with activity. Take your pain medication as needed and as per the instructions on the bottle. You may return to light work activities 1 to 2 weeks. No heavy lifting or exercise (example: cycling, jogging, aerobics) for at least 3 – 4 weeks.
- You may resume intercourse one month after surgery.
- Make an appointment to see your Surgeon 6 weeks after surgery. If you experience any problems please call Southern Health Centre to book an appointment.