

# Home advice for patients who have undergone trans-vaginal tape surgery



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## Following your minor operation

- Any problems passing urine should be minor and should not continue beyond two weeks. Nurses will check that you are passing urine satisfactorily before discharge.
- The amount of pain experienced varies but you can have some pain relief tablets to take home if required.
- You will have some dissolvable stitches in the vagina and inner thigh; these may take as long as three weeks to dissolve completely.
- Avoid constipation by drinking plenty of water / juice (prune) and eating fruit and green vegetables especially broccoli.
- It is advisable to have showers rather than baths for three weeks to avoid risk of infection.
- Do not use tampons, have intercourse or swim for 6 weeks so that the cuts in the vagina have time to heal.
- Avoid heavy lifting and exercise (e.g. cycling, jogging) for four weeks.
- You can usually return to work after two weeks.
- You will receive a six week outpatient appointment in the post, this is to check you are healing and recovering well. You will be seen by sister.
- You should not drive until you can comfortably perform an emergency stop.

## For 24 hours following your general or local anaesthetic:

- Do not drive a motor vehicle, ride a bicycle or operate machinery.
- Do not lock the bathroom or toilet door.
- Do not make important decisions or sign documents.
- Do not drink alcohol.
- If there are any problems after you return home, please telephone your GP.

The Day Care Unit is open Monday to Friday from 0700 hours to 2200hrs. Should you have any concerns following your discharge home please do not hesitate to contact us on 01493 452022 or 01493 452029.

Out of these hours please contact NHS Direct on 111 or if you feel it is an emergency attend your local A&E department.

## Feedback

We want your visit to be as comfortable as possible. Please talk to the person in charge if you have any concerns. If the ward/ department staff are unable to resolve your concern, please ask for our Patient Advice and Liaison (PALS) information. Please be assured that raising a concern will not impact on your care. **Before you leave the hospital you will be asked to complete a Friends and Family Test feedback card.** Providing your feedback is vital in helping to transform NHS services and to support patient choice.

### Trust Values

- Courtesy and respect
- A welcoming and positive attitude
  - Polite, friendly and interested in people
  - Value and respect people as individuals  
So people feel **welcome**
- Attentively kind and helpful
- Look out for dignity, privacy & humanity
  - Attentive, responsive & take time to help
  - Visible presence of staff to provide care  
So people feel **cared for**

- Responsive communication
- Listen to people & answer their questions
  - Keep people clearly informed
  - Involve people  
So people feel **in control**
- Effective and professional
- Safe, knowledgeable and reassuring
  - Effective care / services from joined up teams
  - Organised and timely, looking to improve  
So people feel **safe**



The hospital can arrange for an interpreter or person to sign to assist you in communicating effectively with staff during your stay. Please let us know.

**For a large print version of this leaflet, contact PALS 01493 453240**