

Urinary incontinence surgery (TOT or TVT = tension-free vaginal tape)

The operation is performed as a treatment for stress incontinence.

Procedure

The operation is performed **under local anaesthesia**. The patient is also **given relaxing medication and painkillers**. In the operation, the urethra is lifted with a tape.

Recovery

Recovering from the operation takes a few hours at the ward. You **will be released from the hospital when you are able to urinate**. If you remain unable to urinate, you will be kept under surveillance at the Gynaecological Ward overnight. Do not be alarmed, if you experience problems with urinating during the first weeks of your recovery. The final results of the operation are not seen until after months. During the first two weeks after the operation you should avoid bathing, swimming, intercourse, lifting heavy objects (over 2–3 kg), and heavy exercise (e.g. gym).

Wound care

You may shower after 24 hours. The sutures are absorbable and do not require removal. You may go to sauna after one week, when the wounds have been healed.

Treatment of pain

Usually, non-prescription painkillers are enough for home treatment.

Paracetamol

Anti-inflammatory

Strong painkiller

Other medication

Sick leave is 7–10 days.

Contact us

If you experience problems with urinating, your bladder does not empty, or you have other questions after the surgery, you should contact your health centre or occupational health centre.

Gynaecological Outpatient Clinic on working days from 14.00 - 15.00 tel. **(06) 323 2012**,

Gynaecological Ward A5 at other times tel. **(06) 323 2092**,

Day Surgery Unit A2 on working days from 07.00–17.00 tel. **(06) 323 1552**

Emergency Department at other times tel. **(06) 323 1311**

We wish you happy healing !