



What to Expect after Surgery

Revised: [09/05/2025]

WH Urology

1202 Medical Center Drive
Wilmington, NC 28401-2377

Phone: (910) 341-3389

Fax: (910) 3414566

What to Expect after Surgery

- Bruising around the incision sites: These are common and should not alarm you. Those will resolve over time.
- Abdominal distention, tenderness, constipation and bloating are all normal
- Urinary Incontinence is normal after your procedure. This should resolve itself overtime.
- It is normal to have some drainage or a small amount of bleeding from the vagina after surgery and can last up to 6 weeks.
- After a sling procedure, it is normal to have a slower urine flow for the first few weeks, let us know if you must strain to get the urine flow going.

Food

- You may resume your regular diet when you get home.

Showering

- You may shower **48 hours after your surgery**
- **No Baths**
- You should **NOT** swim or soak in water for **6 weeks** after surgery.

Pain Management

- Narcotic pain medications are constipating and should be discontinued as soon as possible.

Alternatives for pain medications:

Ibuprofen (Advil, Aleve) is an anti-inflammatory and may reduce discomfort after surgery. This is available at any drug store without a prescription. Take 400-600mg every 6 hours.

Acetaminophen (Tylenol) helps decrease discomfort after surgery. This is available at any drug store without a prescription. Take 500mg every 6 hours.

Activity

DO NOT LIFT ANYTHING HEAVIER THAN 10 LBS FOR 6 WEEKS (a gallon of milk)

- Get up and walk the day of surgery. You maybe up and about as much as you like. You may take walks outside. Gradually increase the amount that you walk each day.
- Avoid strenuous activities for **6 weeks**, such as strenuous housework, gardening, lifting, weights or jogging.
- You may tire easily with minimal activity and find that you require an occasional nap. Your energy will return over the course of 6-12 weeks.

Constipation

- **Opioids cause constipation**
- Increase water intake, add more fruits and vegetables to your diet
- Take Colace and a stool softener 2 times daily



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- If you do not have a bowel movement in 3-4 days, take 10mg of Dulcolax suppository. If there is no relief in 1 hour, repeat the Dulcolax suppository.
- If still no relief, take 30ML of Milk of Magnesia
- If still no relief, contact the office at 910-341-3389

Contact the office if:

- You cannot urinate or are straining to get the urine out.
- You develop a fever of 100.4 or more
- You have problems with your incision site such as redness, warm to touch, swelling or a foul-smelling drainage.
- You develop nausea or persistent vomiting
- You have bright red vaginal bleeding and are soaking more than 1 pad an hour.
- You have a foul-smelling vaginal drainage
- You have severe pain that does not get better when you take your pain medications

Our clinic is open Monday through Friday 8am-5pm. Our main office number is 910-341-3389. If you call during regular business hours one of our team members will handle your concerns. If you call after 4pm, we may not be able to answer your call until the next business day. If you call our main number after hours, you will be connected to our answering service, and they will contact the provider on call. If you are experiencing a true emergency, please call 911 or go to your local emergency room

Important Numbers

Surgical Coordinator- Dee Long- 910-341-3352

Department Manager- Andrea Tunison- 910-815-3167

Managing Lead- Kristy Jordan-910-251-2080