

# Outpatient Mid-Urethral Sling for Stress Urinary Incontinence



## What is Stress Urinary Incontinence (SUI)?

SUI is an involuntary loss of urine that occurs during physical activity, such as **coughing, sneezing, laughing, lifting, or exercising**. Approximately 250,000 women each year have some type of surgery for SUI. **This is a common problem, and you are not alone.** This is usually a problem involving the urethra (the tube your urine runs through) or the muscle complex that controls continence.

## Treatment for Stress Urinary Incontinence

Stress incontinence (SUI) is generally treated surgically with a short, minimally invasive procedure, as medication is usually not effective for this issue. The most effective way to treat stress incontinence is with a mid-urethral sling. This is done as an **OUTPATIENT**, and if this is the only issue your doctors are treating, you will usually **go home about an hour after the procedure**. Dr. Davenport has utilized one of the most minimally invasive slings on the market since 2009. This procedure requires only **one incision instead of three**.

## What is a Sling for Stress Urinary Continence?

A sling is a small strip of soft, synthetic material called (polypropylene). The material becomes integrated in your tissue and forms a “hammock of support” (as the picture shows) under your urethra. It was developed by biomedical engineers to be compatible with your tissue, so there is no immune reaction. **Dr. Davenport has performed this same procedure, using this same product called Solyx (Boston Scientific), more than 1,000 times since 2009.** There have been no issues or FDA recalls with the Solyx mid-urethral sling.

During Dr. Davenport’s single-incision sling procedure, he places a sling beneath the urethra through a single, hidden, two-centimeter incision in the vagina. There are **NO SKIN INCISIONS** made, and the procedure **takes about 8-10**

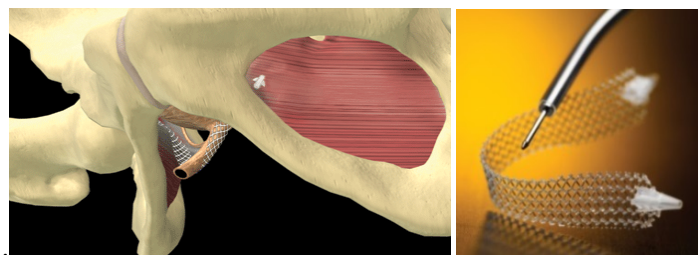
**minutes**. You will go home shortly after the procedure is complete.

Dr. Davenport’s office will call you approximately four weeks from your procedure date and ask some post-op questions. At that time, we will determine when an appropriate follow up time will be.

## WHAT TO EXPECT AFTER THE PROCEDURE

- Urgency and frequency for about four-eight weeks
- Minimal pain or discomfort
- Mild vaginal bleeding
- Slight difficulty urinating for several weeks
- A prescription for antibiotics and pain medication

If you have any fever (>101.5 that does not come down with Tylenol), chills, significant blood in your urine or vaginally after two days, please call Dr. Davenport’s office.



## **DISCHARGE INSTRUCTIONS**

### What are My Limitations Post-operatively?

No heavy lifting (no more than 10 pounds) for six weeks  
No strenuous activity or lifting for six weeks  
No sexual intercourse for six weeks  
No submersion in water (bath, swimming, etc.) for two weeks  
Showers are fine immediately.



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