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WHAT TO EXPECT AFTER A SPARC

A **SPARC** urethral sling is designed to improve or to cure stress urinary incontinence and support the bladder. The procedure may be done by itself or in conjunction with other pelvic surgery. If no other surgery is being done at the same time, the procedure will likely be scheduled on an outpatient basis.

After the procedure is completed and you have recovered from the anesthetic, you will be given a chance to urinate. Some women will have difficulty urinating briefly after the procedure. If you are completely unable to urinate, members of the health care team will either put a catheter in, or more likely will teach you how to use the catheter to drain your bladder. You may go home having to use a catheter up to 4-6 times a day to help drain your bladder until your natural function is recovered.

There will be three small incisions, all less than an inch in size. Two of them will be just above the pubic bone and there will be one vaginal incision as well. Most patients describe mild discomfort, and some people will experience more significant pain. Most patients will take 1-3 days to recuperate after this procedure. Occasionally the anesthetic may change your energy level for up to a month after the procedure, although this is uncommon.

Many women will have vaginal spotting or mild bleeding, usually from the vaginal incision, for several days, and frequently it will recur several weeks after surgery as the stitches dissolve. This is to be expected and is no cause for alarm.

- **Restrictions:** Nothing in the vagina, including tampons, and no sexual activity for six weeks after surgery to prevent infection. There will be limitations on how much weight you can lift. This is usually between 10-20 pounds for 1-6 weeks. Your doctor will advise you on weight restrictions.
- **Watch for:** Fever over 101 degrees, persistent problems with burning after urination, drainage of pus from the incision. These are all very rare occurrences. Should you experience any of these problems please call our office.

Before you leave the hospital an appointment will be scheduled at our office for 1-4 weeks following surgery.