

Information for Patients



AdVance Sling



What is an AdVance sling?

The AdVance sling acts as a “hammock” repositioning and supporting the urethra (water pipe) to help restore normal bladder control. It treats stress urinary incontinence in men.

Why do I need an AdVance sling?

A sphincter is a muscle structure which controls the flow of bodily fluids such as urine. A normal sphincter prevents urine from leaking, however sometimes the sphincter fails and urine leaks out making you incontinent.

It is quite common to become temporarily incontinent after undergoing prostate surgery. Usually incontinence stops within a few months after your body has recovered from surgery. However if your incontinence persists, you may be offered an AdVance sling.

What happens before my operation?

10 days before your operation, blood and urine test need to be done.

You will be contacted by the hospital regarding your admission time and to confirm fasting instructions.

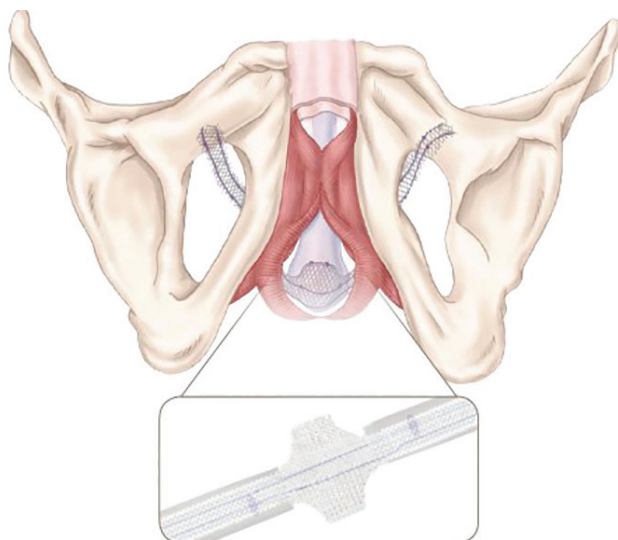
Complete all your hospital admission forms at least 5 days prior to your operation.

What happens during my operation?

The sling is made of inert polypropylene (synthetic mesh). Your Urologist makes an incision between your scrotum and anus and two small incisions in the groin region.

The sling is inserted through the scrotal incision and placed under the urethra. The ends are brought out through the incisions in the groin to form a hammock.

A catheter is placed to help in urination and the wounds are closed with dissolving stitches. The procedure takes about an hour on average.



What to expect after my operation

You will be discharged the following day.

When the operation is completed, you will go to the recovery room for a short while where you will be cared for until you are ready to be transferred to your room.

The catheter may be removed first thing in the morning, or your Urologist may arrange for it to be removed after 3-5 days. Once you have passed satisfactory amounts of urine you can go home. You should be continent from the first post-operative day.



After discharge

Because there is a risk of the sling slipping it is very important to not do anything strenuous for the first 6 weeks, taking particular care not to do anything which requires you to have your legs apart.

You should expect to take a week or two off work, depending on what you do. Heavy lifting, straining, or strenuous activity should be avoided for 4-6 weeks after surgery. You can gradually return to light activities over 6 weeks then full activities after 3 months.

You may also feel more tired during your recovery period and perhaps a bit low, but as you start to recover you should find this improves.

Generally when you feel that you could perform an emergency stop without being concerned about pain (at about 2 weeks), then you can resume driving.

Outcome

We expect 75-90% of men to be totally continent, requiring only a "security pad".

About 10-15% of men will get improvement but with some persistent bothersome leakage. This depends on your degree of incontinence before surgery. Men with mild to moderate incontinence before surgery are more likely to be completely dry after an AdVance sling than men with severe incontinence. For these men, an ATOMS adjustable sling or artificial urinary sphincter will be recommended.



Possible complications

Wound

- Contact the Urology Associates nurse if you have any concerns about your wound.

Infection

- A urine infection is uncommon after this operation. If you are concerned, see your GP or nurse for a urine test.

Difficulty passing urine

- An inability to pass urine immediately after the catheter is removed. This occurs in about 10% of cases. If you are unable to pass urine the catheter will be replaced and re-moved again after a few days.
- A number of people will pass urine more slowly than before because the sling causes a degree of obstruction to the urethra. This is normal after this operation.
- In rare cases, if you are still unable to pass urine after 6 weeks, a further operation may be needed to divide the sling.

Uncommon complications

- Less than 5% of patients will develop some scrotal numbness or discomfort. In most this is transient.
- There has been at least one report in the international literature of the sling eroding into the urethra but this complication has not been seen in New Zealand.

Continued incontinence

- Most men will achieve a good result after this operation.
 - If there is severe incontinence pre-operatively, or a history of radiation treatment, outcomes are less successful in the long-term.
-

urology

associates

George Acland
MB ChB, FRACS
Urologist

Kevin Bax
MB ChB, FRACS
Urologist

Nick Buchan
MB ChB, FRACS
Urologist

Deborah Friberg
MB ChB, FRACS
Urologist

Frank Kueppers
Dr. med.
Urologist

Giovanni Losco
MB ChB, FRACS
Adult & Paediatric
Urologist

Jane MacDonald
MB ChB, FRACS
Urologist

Stephen Mark
MB ChB, FRACS
Adult & Paediatric
Urologist

Louise Rouse
BHB, MB ChB, FRACS
Urologist

Urology Associates

Forte Health, 132 Peterborough Street
PO Box 917, Christchurch 8140

P: 03 355 5129

E: reception@urology.co.nz

www.urology.co.nz