

Information for Patients



Native Tissue Sling



What is a Native Tissue Sling?

Native tissue means using tissue from your own body, taken from the lower abdomen or thigh. This is an operation to treat stress urinary incontinence. Stress incontinence is leakage of urine that occurs with activities which cause an increase in abdominal pressure such as coughing, sneezing, jumping, lifting, exercising and in some cases walking.

Urine leakage occurs because the muscles at the bladder neck have lost their supports and strength. The urethra (water pipe) no longer stays closed when extra pressure is put on the bladder.

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 and Preop with continence nurse.

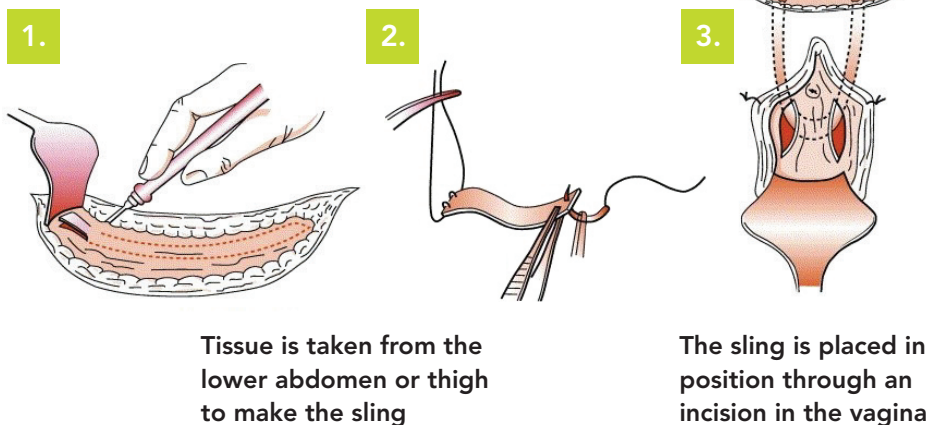
Complete all your hospital admission forms at least 5 days prior to your operation.

What happens during my operation?

In this operation a strip of tissue is taken from the lower abdomen/ or upper thigh and used as a sling or hammock around the bladder neck and urethra.

The tissue to create the Rectus Fascia Sling is obtained through an incision in the abdomen at the bikini line.

The tissue to create Fascia Lata Sling is taken from the upper thigh.



After discharge

You will receive one follow-up appointment in the post. One with the Continence Nurse 4 weeks after the operation and another with your Surgeon 6 weeks after the operation.

This is a 3 month recovery.

Things you can do

- Showering.
- Preparing light meals.
- Walking up and down stairs slowly.
- Gentle walking is to be encouraged – it is better to do two short walks in the day rather than one long walk.

Things you should not do for 6 weeks include

- Housework except light work at bench height.
- Vacuuming.
- Carrying supermarket/rubbish bags.

Things you should not do for 12 weeks include

- Heavy lifting.
- Shifting the furniture.
- Lawn mowing or digging the garden.
- Weights at the gym.
- Carrying supermarket/rubbish bags.
- Carrying children/pets.

Wait 6 weeks before resuming sexual intercourse.

You can resume driving after 4 weeks.

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

Pelvic floor exercises

- It is important to recommence pelvic floor exercises once you have recovered from surgery.
 - If you have any concerns about your technique please contact our Nurse.
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Bowels

- You may eat and drink normally.
- Bowels – try to keep your bowel motions soft by using high fibre foods such as kiwifruit, fruit, vegetables, wholemeal bread, nuts and seeds.
- Do not become constipated or strain to have a bowel motion.
- Use a footstool to help bowel emptying. Discuss this with our Nurse if you need further information.

Possible complications

Seek help if you develop

- Flu like symptoms
- A temperature over 38°C
- Discomfort not controlled by pain medication
- Bleeding or difficulty passing urine
- Pain or tenderness in the calf or thigh
- Symptoms of a urinary tract infection such as pain on passing urine, going more often or smelly urine

Bladder perforation

- This can occur during the operation and is usually recognised by your Urologist at the time. You will need to keep a catheter in place for a few more days but there are no long-term effects.

The rectus fascia sling operation does not use any mesh, therefore any complications of this are avoided.



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