

NORTHERN VIRGINIA PELVIC SURGERY ASSOCIATES, P.C.

Gynecologic Oncology Pelvic Surgery

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Urogynecology Reconstructive Pelvic Surgery

Nicolette S. Horbach,

Jeffrey A. Welgoss,

Walter von Pechmann,

Patient: _____

Date: _____

Tension Free Vaginal Tape

Once your surgery has been scheduled, you will need to call **703-208-2525** to make an appointment for presurgical testing. Generally, you will need blood work, a chest X-ray and an EKG prior to surgery. These tests can be done at the hospital unless you have an insurance plan that requires you to go to other participating facilities. In the event that your presurgical testing is done in a facility other than Fairfax Hospital, it is your responsibility to obtain copies of these results and bring them to your surgical counseling appointment.

Prep: Nothing to eat or drink after midnight prior to surgery.
Report to Presurgical area 1-½ hours ahead of scheduled surgery time.
Wear comfortable loose fitting clothes.
Take your regular medication in the morning with a sip of water.
Take no aspirin or related drugs (Motrin, Advil, Anaprox, Aleve, etc) for 2 days before surgery.

Hospital Stay: You may be in the hospital overnight.

What to Expect: You may shower after post op day 2.
Initially you will have a suprapubic catheter in place. It will be removed when the bladder is emptying well. The vast majority of patients are able to have it removed the next day.

Activities: You must limit your activities for the next 2 to 4 weeks.

- **NO** bending
- **NO** lifting
- **NO** straining
- **NO** stretching
- **NO** driving for 1 to 2 weeks after your surgery

Important: Nothing is to be inserted into the vagina (this includes vaginal intercourse) until the doctor has checked you 4 weeks after the surgery. During this time, please do not bathe in a bathtub, showers only.

Notes:

Nurse Initials: _____ Questions? 703-698-7100, Ext. 406