



Guidelines following a Tensionless Vaginal Tape

We hope that your stay in our Day Surgery Unit has been comfortable and to your satisfaction. We hope that you have a speedy recovery and that the following instructions will be of help.

Aftercare - You may have discomfort when you pass urine. It will help you to drink plenty of fluids, about 3 litres a day of non-alcoholic fluid.

You will have some blood loss on passing urine and perhaps some small clots. This is normal and should improve as you drink. If the blood loss increases, persists for more than five days or you feel generally unwell contact your General Practitioner (GP).

You can have your usual bath or shower.

You should avoid sexual intercourse and sport for four to six weeks in order to allow yourself to heal and the tape to settle into place.

Follow Up - We will tell you about any follow up before you leave. If you need an outpatient appointment we will request one for you and the date and time will be sent to you by post.

Driving - You may return to driving when you can carry out an emergency stop without pain. Test yourself in a stationary vehicle first. We also advise you to contact your insurance company before resuming driving.

Stockings - If you have been given support stockings to wear it is important that you continue to wear them, day and night, until you are fully mobile (at least 24-48 hours). The stockings should be removed for a short time daily to wash the feet and legs. You may also hand wash the stockings but do not dry them by direct heat (radiator or tumble dryer).

Pain Relief – You may experience some pain post operatively for the first 24-48 hours. Over the counter pain relief is usually effective for this.

You were given the following pain killers while in Day Surgery

Paracetamol at



Guidelines following a Tensionless Vaginal Tape

Codeine at

Ibuprofen at

Instructions for patients who have had a general anaesthetic.

Anaesthetic drugs remain in the body for 24 hours and gradually wear off over this time.

During the 24 hours following your anaesthetic, you are under the influence of drugs and it is important to follow these instructions:

- Do not drive a car or any other vehicle, including a bicycle.
- Do not operate machinery or appliances such as cookers or kettles.
- Do not drink any alcohol.
- Do not lock the bathroom or toilet door or make yourself inaccessible to the person looking after you.
- Drink plenty of fluids and eat a light diet, avoiding heavy or greasy foods.
- Take things easy for the day after your operation and do not work with machinery or take strenuous exercise.
- Do not make important decisions or sign important documents for 24 hours after your anaesthetic.

Some people take longer to recover from the effects of an anaesthetic so these guidelines may continue to be followed for up to 48 hours, if necessary.

If there are any problems after you return home, please telephone your GP or out of hours GP service, or the Day Surgery Unit on 01793 604148 between 8.00am and 7.00pm, Monday to Fridays (excluding bank holidays). After 7.00pm or at weekends please contact the Surgical Assessment Unit on 01793 604039.

If you have any suggestions on how we can improve our service, we would be happy to hear from you. Please write to:

Senior Sister
Day Surgery Unit
Great Western Hospital
Marlborough Road
Swindon
SN3 6BB



Guidelines following a Tensionless Vaginal Tape

Smoking will not be permitted on any NHS site in England. Smoking will not be permitted within any of our buildings or anywhere outside on our sites. Smoking facilities will not be provided. Please be considerate of others when vaping in hospital grounds.

This information sheet is available to order in other languages and formats. If you would like a copy, please contact us on 01793 604031 or email gwh.pals@nhs.net

Document Control

Division Planned Care:
Department: Day Surgery Unit
Approved Date: 15 September 2020
Next Review Date: October 2023
Document Number: PC - PIL0181