



## Post-Procedure Instructions

**Congratulations, you have taken the step to improve your quality of life!**

The AdVance® Male Sling is a proven, reliable treatment for male urinary incontinence. To ensure continued success with this treatment please carefully review and follow these simple recommendations.

**You will need to follow these very important instructions for at least 6 weeks:**

1. No lifting anything greater than 10 – 15 lbs (e.g. gallon of milk).
2. No bending, squatting, climbing (e.g. stepping up into high vehicles), extreme leg spreads, biking, jogging.
3. No sexual activity.
4. No baths or hot tubs for 2 weeks, however you may shower 24 hours after your procedure.

**Additional expectations after your procedure:**

1. Your urologist may prescribe a stool softener, pain medication, and antibiotic for you after your procedure.
2. It is not uncommon to experience some pain at surgical site controllable with pain medication prescribed by your urologist.
3. Post-operative pain should resolve within 2 – 4 weeks. If pain persists greater than 4 weeks, please contact your urologist.
4. If you are unable to urinate the day after surgery, you may need an indwelling catheter for a short time. It is not uncommon for your urine stream to be slightly decreased after surgery, this will usually resolve.