

What is TVT? How does it work?

TVT is a lightweight mesh used in a minimally invasive, effective outpatient treatment for **stress urinary incontinence (SUI)**.

Normally, pelvic floor muscles support the urethra and maintain a tight seal and prevent involuntary urine leakage. In women with SUI, weakened pelvic floor muscles and connective tissue can't support the urethra in its normal position, which is why urine leakage occurs.

TVT is designed to stop urine leakage the way your body was designed to – by supporting your **urethra**.

The mesh acts as a backboard to close the urethra when an activity such as a cough or sneeze occurs, thus preventing the bladder from leaking.

You are not a candidate for TVT if you are pregnant or plan on becoming pregnant, or if you are currently taking an **anticoagulant therapy**

Post-Operative Information

- You may be sent home from the hospital with a catheter if unable to urinate on your own. If this happens, you will be scheduled for an appointment 4 days postoperatively. The nurse will fill your bladder and have you urinate to be certain you are able to empty your bladder on your own. If you are still unable to urinate on your own, the catheter will be reinserted and this process repeated every four days until you are able to urinate on your own.
- You may experience a weaker than normal urine flow after surgery. This will likely return to a more normal flow after 12 weeks.
- If you are having trouble starting your urine stream you may need to try position changes for urination. (i.e. squatting, sitting straight up, and leaning forward)
- Recovery only normally requires 2 weeks, except for the lifting weight restrictions (see below).
- Abstain from sexual intercourse for 4 weeks.
- You should avoid driving for 2 weeks or as long as you are taking pain medication. (Pain medication may impair your reflexes)
- TVT is designed to stop urinary leaking. You may still experience urinary urgency and frequency. This will be re-evaluated at your postoperative check up.

TVT Weight Restrictions (Tension Free Transvaginal Tapes)

0-2 weeks post operatively --- No lifting at all

2-6 weeks post operatively --- No lifting greater than 15 lbs.

6-12 weeks post operatively --- No lifting greater than 20-25lbs.

After 12 weeks post operatively --- back to normal lifting

Risks of surgery and postoperative complications

- Bleeding (red to pink)
- Infection (incision site or bladder) and may be sent home with antibiotic
- Pain
- Possible perforation of internal organs
- May experience urinary retention, making it more difficult to urinate
- Mesh extrusion
- When a complication(s) arises, further procedures and/or surgery may be necessary

Benefits

- Stop or decrease leaking and may resume daily activities without the worry contributing to patient's sense of security.
- This procedure has proved beneficial for obese patients.
- Shorter recovery time than major surgeries with increased success rate.
- May return home the same day.
- Less postoperative pain.