

# PATIENT INFORMATION

A publication of West Tennessee Healthcare

## Your Bladder Pin-up Surgery

You are scheduled to have bladder pin-up surgery. The purpose of this handout is to help you prepare for this surgery and to know what to expect during your surgery.

It is the hope of the surgery staff that you will feel that you receive very good care while you are a patient in our hospital. **We are here to serve you!** Please feel free to ask any questions that you might have.

### What is a Bladder Pin-up?

A bladder pin-up is a surgery that is done when the bladder has “fallen” or is dropping out of its normal position. In this surgery, the bladder is pulled up and sutured (sewn) into place. This is usually done to prevent urine leaking.

There are several methods that may be used for this surgery. In some cases, one or more small incisions are made near the urethra (the urinary opening in your private area) or on your lower abdomen. Your doctor and/or nurse will talk with you about the type of surgery that you will have.

### What do I need to do before surgery?

- Shower the night before your surgery and the morning of your surgery with the special soap that you are given.
- Do not eat or drink anything after midnight the night before your surgery.
- Please do not chew gum. (This raises the level of acid in your stomach.)
- You may brush your teeth and rinse your mouth as long as you do not swallow any water.
- If you take medicine for your heart, blood pressure, or asthma you may take this with a small sip of water before you come to the hospital. If you take medicine and/or insulin for diabetes you need to ask your doctor if you should take this.
- Remove all fingernail polish.
- Remove all jewelry including body piercings.
- Do not wear any makeup.
- If you will be checking into the hospital on the day of your surgery:
  - Bring all medicines that you are taking to the hospital with you.
  - Do not bring valuables or large amounts of money with you to the hospital.
  - Have a responsible adult drive you to the hospital and stay during your surgery.

## What can I expect the day of surgery?

- If you are coming to the hospital on the day of your surgery, after you have been to the Admitting Office, you will be taken to a room. This may not be the room where you will be taken after surgery.
  - You will be given a hospital gown and asked to remove all of your clothes including underwear and socks. Put on the gown opening in the back.
  - You will be asked to remove all jewelry, glasses, hairpieces, contact lenses, dentures, prosthesis, and hearing aids.
  - You will be asked questions about your medical history. Many of these will be the same questions that you have already been asked. Please know that we need to ask these again so that we can give you the best possible care.
  - You may go straight to the operating room or you may go to the Pre-Anesthesia Unit (PAU). If you go to the PAU, you will be there for about one hour before your surgery.
  - Your nurse will tell your family where to wait.
  - You will have an IV (needle in your arm for fluids) started and you will be given medicine that will help you relax.
  - Someone from anesthesia will talk with you about the type of anesthesia that will be used.
  - You will be taken to the operating room. This room will be cold and your nurse will give you a warm blanket.
  - The operating room staff will include your doctor, his assistant, an anesthetist (the person who will put you to sleep), a circulating nurse, and a scrub nurse. All of these people are there to care for you and no one else.
  - You will have sticky pads placed on your chest so that the staff can watch your heart. A blood pressure cuff will be placed on your arm so that your blood pressure can be checked. A device called a pulse oximeter will be put on your finger. It will tell how much oxygen is in your blood.
  - The anesthetist will put a soft mask over your face. This will give you plenty of oxygen. You will be given medicine in your IV that will relax you until you go to sleep. You will not be awake during your surgery.
  - When the surgery has started the nurse will call your family. Your family will be called at least one time an hour. This surgery usually takes from one to two hours.
  - When your surgery is over, the anesthetist will give you medicine to help you wake up.
  - You will go to the Recovery Room for about one hour. The doctor will call your family. The nurse in the Recovery Room will check your heart, temperature, blood pressure, and temperature. Your incision(s) will be checked for bleeding.
  - Tell the nurse if you are in pain or if you feel sick to your stomach so that you can be given medicine.
  - When you are awake you will be taken to your room.
  - Call for the nurse to help you the first time that you need to get out of the bed.
- Do not try to get up without help.**

- A nurse will check you often. Your heart rate, blood pressure, and temperature will be checked often. Your dressing(s) will also be checked often.
- You will be asked to turn, cough, and take deep breaths at least every two hours.
- When you are fully awake, if you are not sick to your stomach, you will be given something to drink and later something to eat.

### **What should I do when I go home?**

- Your doctor will give you guidelines to follow. Be sure to follow his or her instructions.
- You should avoid all strenuous activity after your operation. Ask your doctor how active you can be. Your doctor will tell you when you can drive and return to your normal activity.
- Do not lift anything heavier than a five-pound bag of potatoes.
- Keep your incision(s) clean and dry.
- If steri-strips (thin strips of tape across the incisions) are in place, allow them to remain in place until they fall off on their own.
- Call your doctor if:
  - Your temperature is above 100.5° twice.
  - You have any bleeding or drainage on your bandage.
  - You have problems urinating (making water).
  - Your pain is not better after taking pain medicine.
- Be sure to keep your follow-up appointment with your doctor after your surgery.