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Repair

Incontinence
Urinary



Unidad UH-1200



Empresa Pública Hospital Costa del Sol
CONSEJERÍA DE SALUD

What is urinary incontinence?

Urinary incontinence is defined as uncontrolled or involuntary loss of any urine.



What is the procedure?

The intervention consists of correcting the position of the bladder by placing a mesh below the urethra. As a result of the intervention will only have two small stitches (on the inside of both thighs), plus a vaginal tamponade and a urinary catheter, the latter will be removed before leaving the hospital.

Care at hospital discharge

Care of the surgical scar.
It should always be dry, so that after the shower must be dried.

Basic recommendations

For 15 days then rest on (it is not desirable in bed). From this date merge gradually to normal life, to be normalized within 30 days after surgery. However, after the intervention must never make efforts, not take anything heavy.

- ☞ **Maintain a healthy weight.** Obesity can lead to incontinence.
- ☞ **Empty the bladder regularly (at least every 2-4 hours).**
- ☞ **It is also important to sit or stand in front of the toilet and wait until the bladder is completely empty**
- ☞ **Limit consumption of bladder irritants: alcohol, caffeine, artificial sweeteners, carbonated beverages, high sugar foods and drinks and citrus.**
- ☞ **Re-train your bladder emptied on a regular schedule throughout the day. When urinating try to empty your bladder completely.**
- ☞ **Exercise daily to strengthen the pelvic muscles.**

Exercises to strengthen pelvic floor

The pelvic muscles help stop the flow of urine. Pregnancy, childbirth and being overweight can weaken pelvic muscles. Fortunately, you can strengthen these muscles by doing pelvic muscle exercises called Kegel exercises.

How to practice Kegel exercises:
To facilitate learning, can be tested initially:

- ☞ **Sit well back in a chair, feet and legs comfortably supported, legs slightly apart, leaning forward, elbows or forearms on the thighs.**
- ☞ **Contract the muscles of the vagina three seconds and then relax. Should be repeated ten times.**
- ☞ **Contract and relax as quickly as possible and repeat it twenty five times.**
- ☞ **Imagine that attaches something in the vagina, holding that position for three seconds and relax. Repeat ten times.**

The frequency of these exercises should be three times daily.

