

Pubovaginal Sling Procedure

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Stress Urinary Incontinence

Many women experience stress urinary incontinence (or an involuntary leakage of urine) often resulting from a weakened bladder. This is a very common condition in women which often presents itself when:

- coughing or sneezing.
- laughing.
- exercise.
- lifting something heavy.
- getting up from a bed or chair.

Pelvic floor muscles, the urethral sphincter, and connective tissue are structures that help keep urine in the bladder. These muscles may stretch, tear, or weaken causing urine leakage.

The following often contribute to a weakening of these muscles:

- childbirth
- being overweight
- constant coughing
- aging

Treatment Options

- exercises—Karen Hiller, RN, MSN, ANP
 - kegel exercises—used to strengthen the pelvic floor muscles with quick or slow muscle contractions (sphincter muscle)
- medications (e.g. Detrol, Ditropan)
- surgery
- pubovaginal sling
- tension-free vaginal sling
- retropubic suspension

Surgery

The Tension-Free Vaginal Sling Procedure

The goal of surgery is to support the urethra and bladder firmly in place.

The pubovaginal sling is used when the pelvic floor muscles and urethral sphincter are weak. A sling is made from synthetic (man-made) materials to create a hammock and is wrapped under the urethra. Urine leakage is stopped when this sling is tightened.

The surgery is performed through the vagina in addition to two puncture sites below the belly button. General or regional anesthesia is used. The procedure takes approximately 30 minutes to complete and is done in the hospital.



For more information of the pubovaginal sling procedure, read our [Sling Surgery FAQ](#).

For more information about stress urinary incontinence and the sling procedure with Dr. Girardi or Kegel Exercise Training with the nurse practitioner, Karen Hiller , please call 516.627.6188, Ext. 149 for an appointment.