

# RESTORE YOUR CONFIDENCE

*A Woman's Guide to Correcting  
Stress Urinary Incontinence*

ASK YOUR PHYSICIAN ABOUT DESARA®



# YOU ARE NOT ALONE

Urinary incontinence is the involuntary leakage of urine that affects over 15 million Americans, most of whom are women. This embarrassing condition can seriously affect all aspects of life – social, work and sex life. This guide is designed to inform you about Female Stress Urinary Incontinence and the surgical treatment options. With new and minimally invasive techniques available, you no longer need to live with this condition.



## WHAT IS STRESS URINARY INCONTINENCE?

The bladder and urethra are supported by a group of pelvic muscles and connective tissue. As the muscles that support the bladder and urethra weaken, the bladder loses its support and moves out of position, allowing urine to escape. By applying pressure to the abdomen through coughing, sneezing, laughing, lifting and exercising, you may leak urine. This common condition is called Stress Urinary Incontinence or SUI.

SUI is the most common type of incontinence to affect women and it is estimated that one in three women will suffer the effects of SUI at some point in their life. It is also commonly misconceived as a normal part of aging. In fact, it can happen at any age.

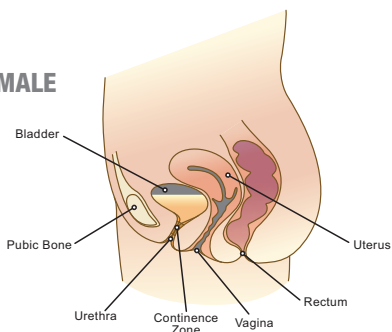
## WHAT CAUSES SUI?

The pelvic muscles and connective tissue are weakened by:

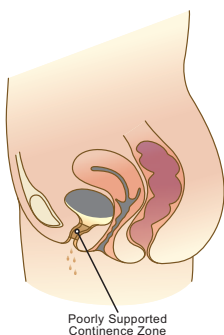
- PREGNANCY
- OBESITY
- CHILD BIRTH
- SMOKING
- MENOPAUSE
- PREVIOUS PELVIC SURGERY

These diagrams compare a normal female pelvis to one with SUI. Notice in the diagram demonstrating SUI, the bladder has slipped out of place and the urethra is no longer in the correct position.

## NORMAL FEMALE ANATOMY



## FEMALE WITH SUI



# TREATMENT OPTIONS

Below are a few options that may be considered for the treatment of SUI. Discuss with your physician what treatment option will work best for you.

A **self management** option is to do Kegel exercises consisting of a series of pelvic exercises to help increase the strength of the pelvic floor. This may only help in mild cases of incontinence.

**Bulking agents** consist of a collagen or a biocompatible substance injected around the urethra to reinforce the surrounding tissues. The effects of a bulking agent are usually temporary and the cure rates are lower compared to surgery.

**Surgery** is used to help rebuild and restore support under the bladder and the urethra. Surgery has the highest success and cure rate compared to other treatment options.

# WHAT IS DESARA?

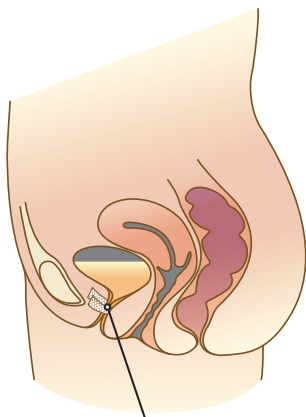
Desara is a urethral sling used to support your bladder neck and urethra. Desara is made of synthetic, knitted polypropylene material which has been proven to effectively treat SUI.

# HOW WILL DESARA BE PLACED?

The Desara procedure is most commonly performed as an outpatient surgery and usually takes less than 30 minutes to perform. How the sling is placed will depend upon your condition and the physician's preference. The physician may place the sling through two small incisions on the lower abdomen above the pubic bone or through two small incisions on each side of your thigh near the bikini line.

Two introducers will pass Desara through a small vaginal incision to the two small incisions made on the abdomen or on the thigh. The sling is placed under the skin and will not be visible. Desara will rest below your urethra creating a backboard. Just as your mattress needs a box spring for support, your urethra also needs a firm backboard of support to maintain bladder control. The sling then acts like scaffolding for your tissue to grow into. This tissue ingrowth will help you regain continence.

Below you will find a diagram showing where Desara is placed.



Supported Urethra using Desara

# YOUR RECOVERY

Even though you may feel well, your body needs time to heal, allowing the sling to incorporate with your body's tissue. You should avoid sexual intercourse, heavy straining and lifting for approximately six weeks after surgery. Strenuous activity or returning to certain activities too soon may negate the outcome of the procedure.

Pain from the procedure is usually minimal. Some pain after surgery is normal and is to be expected. Your physician may prescribe medication to help with pain and an antibiotic to help prevent infection.

A catheter may be inserted to drain urine from your bladder. Depending on your recovery process your physician will decide on the length of time this will be needed.



## RISKS

Even though serious complications are rare, surgery carries some risks. If you experience vaginal discharge, redness or pain at the incision sites, pain that is severe or lasts longer than expected, slow urination flow, or the inability to urinate, it may be a sign of complications. Contact your physician immediately.

You should discuss with your physician your recovery process, expected results, and the potential complications associated with having a Desara procedure.

# FREQUENTLY ASKED QUESTIONS

## **Will future pregnancies affect the results of my sling?**

Future pregnancies may negate the outcome of your sling procedure. Another procedure may be needed to regain continence.

## **Will I need to stay in the hospital after the procedure?**

A hospital stay is often not required for this procedure; however, depending on your condition, your physician may require you to stay overnight. If you are having another procedure performed at the same time you may be required to stay longer. Ask your physician about what to expect.

## **How long does the sling procedure last?**

The mesh material is permanent; however, your tissue will change with age, menopause and other health conditions. Each woman is different and the outcomes may vary. Most women still enjoy significant improvement or cure of their SUI years after their sling procedure. The sling procedure offers the best success rate that is currently available for treatment of SUI.

## **Can the procedure be redone?**

Yes, a sling procedure can be repeated if necessary. Other minimally invasive methods are also available to “fine-tune” the results of a sling procedure. The bottom line is that you do not need to endure SUI with the new and minimally invasive techniques available today.

## **WHEN WILL I SEE RESULTS?**

In most cases, you will see results immediately after the procedure with little pain or discomfort. Many women are able to return to their daily activities within several days.

## **YOU NO LONGER NEED TO BE EMBARRASSED!**

Thousands of women have chosen the urethral support sling system and are enjoying the freedom and control that it provides. With the minimally invasive techniques that are available today, there is no reason to live with incontinence! Improve the quality of your life and restore your active lifestyle.

Please ask your physician for more information on Desara and how it can help you.



# TALK TO YOUR PHYSICIAN ABOUT HOW DESARA CAN HELP YOU.

A few questions you should ask your physician:

- Will Desara help manage my incontinence?
- What should I expect during the Desara procedure?
- What will the normal recovery time be?
- What are the risk & benefits of having the Desara procedure?



**CALDERA MEDICAL**

**For more information please call Caldera Medical**

**Toll-Free 866.4.CALDERA (866) 422-5337**

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