

A Trans-Obturator Tape, Suburethral Sling Procedure (TOT) is used to treat urinary incontinence (loss of urine). It is used to treat incontinence associated with laughing, coughing or exercising (referred to as stress incontinence). Please call our office for an appointment to discuss this procedure with a medical doctor.

**What can I expect if I have the procedure:**

- A TOT is a synthetic sling that is fitted under a women's urethra that improves continence by providing a firm platform for the urethra.
  - We use what is called a transobturator approach to place the supportive mesh. Typically sling procedures utilize either a transobturator or retropubic approach. Each approach works well for stress incontinence.
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**What are the benefits of having this procedure:**

- Patients generally recover quickly, most with immediate improved bladder function
  - Typically day-surgery
  - Minimally invasive and suitable for a wide variety of patients
  - Incisions in the groin area are small
  - May be combined with other surgeries such as endometrial ablation, tubal ligation, hysterectomy or hysteroscopy
  - Most patients can resume normal, non-strenuous activities within a few days
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