Regain Control and Restore Your Lifestyle
Introduction

Millions of women suffer from stress urinary incontinence (SUI). This condition results in accidental loss of urine upon coughing, laughing, sneezing, or simply getting up from a chair. SUI is frustrating and embarrassing, causing some people to severely limit their activities and lifestyles.

Many treatment options for SUI are available. Your doctor has determined that a Monarc™ Subfascial Hammock is appropriate for you. This simple procedure corrects the conditions that cause SUI.

A Monarc Subfascial Hammock can free you from the limitations and embarrassment associated with SUI. Learn more about this treatment by reading this pamphlet.
How does urinary control normally function?

The kidneys produce urine, which passes through the ureters to the bladder. The bladder fills with urine while the sphincter muscles and pelvic ligaments keep the bladder opening tightly closed. When you urinate, the bladder contracts and urine is forced out of the bladder, past the ligaments, through the urethra, and out of the body.

The bladder and urethra must be well supported to allow them to work properly.
What causes stress urinary incontinence (SUI)?

Weakened or damaged pelvic muscles and ligaments can cause SUI. These structures can be weakened by pregnancy, childbirth, trauma, radiation, prior surgery, muscle damage, or hormonal changes, causing the bladder and urethra to drop down from their normal positions. This condition is often called a “fallen bladder.”

The sudden, added pressure from coughing, sneezing, laughing, or simple lifting can cause accidental loss of urine.
What is the Monarc Subfascial Hammock and how does it treat SUI?

The subfascial hammock is a narrow strip of synthetic material surgically placed in your body to support the urethra.

The hammock cradles your urethra and gives it a solid point to rest on and press against, and helps the urethra close more tightly.

How will the Monarc Subfascial Hammock be placed in my body?

Placement of the subfascial hammock is usually performed during an outpatient procedure in less than an hour under local, regional, or general anesthesia, depending on what you and your doctor choose. Two tiny skin incisions are made near the inner thigh and the pubic bone. A narrow strip of material is inserted through a small incision in the vagina and placed under the urethra, then secured in place under the skin.
What can I expect after the Monarc Subfascial Hammock is placed?

Your doctor may insert a catheter through your urethra to drain urine from your bladder. The catheter is usually removed before you leave the hospital. If your bladder does not empty properly, you may have to wear your catheter for an extra day or two. In some cases, you may have to use a catheter at home until normal voiding resumes. In addition, your doctor may prescribe antibiotics to prevent infection. Although many women have little or no pain after the procedure, your doctor may prescribe an analgesic for you.

Your incisions will be small and should heal quickly.

For approximately four to six weeks, you should avoid sexual intercourse, heavy lifting, and rigorous exercise.

Your doctor will provide you with additional information on how to care for yourself after surgery, including any other limitations to activities.
When will I see results?

Most women see results as soon as the catheter is removed, usually within a day or two after the procedure.

Every surgical procedure has risks and complications, however. Talk to your doctor so that you understand the procedure, potential complications, and results you can expect from the subfascial hammock.

Regain control and restore your lifestyle.

You don’t need to live with SUI and the limitations and embarrassment it causes. Join other women who have received a Monarc Subfascial Hammock and once again enjoy an active lifestyle with your family and friends.
Solutions for Life™ American Medical Systems is a world leader in medical devices and procedures that treat: incontinence, excessive menstrual bleeding, erectile dysfunction (ED) and benign prostate hyperplasia (BPH). Any one of these conditions can profoundly diminish a patient’s quality of life and significantly impact relationships. Our products provide a cure or reduce the incapacitating effects of these diseases, often through minimally invasive surgery.

“At last, I can really enjoy getting out and about. I am mobile once again and have my social life back.”
—55-year-old woman after receiving a Monarc Subfascial Hammock

“My life is so much better now, both at work and with my partner. I can run, wear trousers, go out without worrying, and above all, dance without needing any protection.”
—50-year-old woman after receiving a Monarc Subfascial Hammock

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