

WHAT TO EXPECT

- Most people recover from IRE treatment within 1-2 weeks.
- Discomfort and some bleeding of the perineum is normal due to the IRE needle puncture sites. Keep this area clean and dry. You can apply a dry gauze dressing for blood spotting if needed.
- Blood debris and small blood clots, mild burning on urination and increased urgency or frequency can occur for one to two weeks once the catheter is removed.
- Bruising in the perineum and swelling of the scrotum is normal. Both should resolve without any treatment over a couple of months.

ACTIVITY INSTRUCTIONS

- Anesthesia takes **24 hours** to wear off. No driving/operating heavy machinery during this time.
- Please REST and take it easy today. Anesthesia can make you feel light headed & dizzy.
- It is ok to shower the day after the procedure.
- Increase your daily activity and exercise gradually as tolerated.
- Avoid strenuous activity or heavy lifting (greater than 10-15 pounds) for several days.
- Please consult your doctor regarding timing for sexual activity.

DIET INSTRUCTIONS

- Eat a light meal after surgery as anesthesia can make you nauseous. Nothing greasy or spicy.
- Resume your normal diet as tolerated.
- Increase your fluid intake and hydration (preferably water) for the next 24 hours.

MEDICATIONS

- Take Tylenol (2 tablets every 4 to 6 hours) as directed for any pain or discomfort.
- You can take Aspirin or Ibuprofen products (Motrin, Advil) as needed for additional pain control.
- If you were prescribed a narcotic medication for more severe pain, please take only as needed and do not drive while taking as it can cause confusion, drowsiness and constipation. Over the counter stool softeners are available if needed.
- If you were prescribed an antibiotic, please finish until your catheter is removed.

FOLEY CATHETER

- A Foley catheter was placed at the end of the surgery. This will limit bleeding and avoid any urinary issues in the immediate recovery period. A nurse will show you how to take care of the catheter at home.
- **Your catheter will be removed in 4-5 days in the doctor's office.**

Please go to your nearest Hospital Emergency Department if you experience chest pain, difficulty breathing, or other emergency signs or symptoms.

- Apply Bacitracin or Polysporin Ointment to the tip of the penis twice daily or more frequently as needed to help with catheter discomfort.

CONTACT YOUR DOCTOR'S OFFICE IMMEDIATELY IF YOU EXPERIENCE THE FOLLOWING:

1. Fever greater than 100.5F, severe chills, shaking, continued nausea or vomiting
2. Your catheter is blocked and urine is not draining.
3. Excessive amount of blood in your urine or very large blood clots.
4. Severe abdominal pain or cramping.

FOLLOW-UP:

- Call your doctor's office to schedule a follow-up appointment to have the catheter removed (if not already scheduled).
- A MRI will be done in 3 months post procedure and 1 year post procedure.

***If you have any questions or concerns regarding your surgery (even after business hours or over the weekend), PLEASE CALL THE 24 HOUR ON CALL NURSE at 224-612-7000.**