

**DRESSING/INCISION CARE**

- The incision is generally between the legs. Stitches dissolve and do not need to be removed.
- Blood in the urine, mild burning on urination, increased urgency and frequency to urinate are normal. These symptoms typically improve within 72 hours.
- Bruising and swelling is normal and gradually improves. Apply ice compresses (20 minutes on, 20 minutes off) to the incision area behind the scrotum for the first 12 hours to reduce swelling.

**ACTIVITY INSTRUCTIONS**

- Anesthesia takes **24 hours** to wear off. No driving/operating heavy machinery during this time.
- Please REST and take it easy after surgery. Anesthesia can make you feel light headed and dizzy.
- For the first 48 hours, it's recommended to minimize activity and rest in lying position.
- It is ok to shower the day after surgery. Soap and water to the incision, do not vigorously scrub. Pat dry. No submerging in tub baths, pools, hot tubs for 2 weeks or until cleared by your doctor.
- Increase your daily activity and exercise gradually as tolerated.
- Avoid strenuous activity or heavy lifting (greater than 10-15 pounds) for 2-4 weeks.
- No sexual activity for 6 weeks. Please consult your doctor on timing

**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) over the next week. This will help clear up your urine quicker and prevent blood clots.

**MEDICATIONS**

- Take Tylenol (500 mg every 6 hours) as directed for any pain or discomfort. Once blood in the urine clears, you can take Ibuprofen (Advil, Motrin etc.) 600 mg every 6 hours. It is safe to take these together or alternate every 3 hours.
- 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 you were not prescribed one.
- If you were prescribed an antibiotic, please take as directed.

**FOLEY CATHETER**

- You may have a Foley catheter 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 doctor will determine how long the catheter will be in place and when it will be removed.

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



## SURGERY CENTER

Phone: (224) 612-7000

# URETHROPLASTY DISCHARGE INSTRUCTIONS

### EXPECTED OUTCOMES

- Stronger force of urine stream and decreased need to push
- Decreased standing around waiting for urination to commence
- Loss of intermittence (where the flow used to start and stop and start, etc.)
- Loss of the sensation that you are “not really emptying your bladder”
- Getting up at night to urinate

\*It may take up to a month before you notice the improvements above. If you had these symptoms for a prolonged period, they may not decrease.

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

1. Fever greater than 100.6, severe chills, continued nausea or vomiting
2. Drainage, pus, or increased bleeding from the incision
3. Severe pain that doesn’t go away with pain medication
4. Inability to urinate

### FOLLOW-UP

- Call your doctor’s office to schedule a follow up appointment (if not already scheduled).

**\*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.**

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