



SURGERY CENTER

Phone: (224) 612-7000

UROLOGICAL SURGERY DISCHARGE INSTRUCTIONS

WHAT TO EXPECT

- If you have a dressing keep dry and intact and remove per your doctor's instruction.
- Ice pack to the area (20 minutes on, 20 minutes off) will help with swelling the first 24 hours.

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.
- It is ok to shower the day after surgery. No submerging in tub baths, pools, hot tubs for 1 week.
- Increase your daily activity and exercise gradually as tolerated.
- Avoid strenuous activity or heavy lifting (greater than 10-15 pounds) for 4 weeks.
- Please consult your doctor on when you can resume 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) over the next week. This will help clear up your urine quicker and prevent blood clots.

MEDICATIONS

- Take Tylenol (500mg every 6 hours) with Ibuprofen (Motrin, Advil etc.) 600mg every 6 hours) as needed. It is safe to take these medications 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 needed.
- If you are on blood thinners, do NOT resume Aspirin or Coumadin until specifically instructed.

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

1. Fever greater than 100.6F, severe chills, continued nausea or vomiting
2. Severe pain that doesn't go away with pain medication
3. Increasing amount of blood in the urine or very large blood clots
4. Excessive bleeding or swelling from the operative site (or if you have a dressing)
5. Inability to urinate

FOLLOW UP

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



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- 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.**

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