

POSTOPERATIVE CARE AFTER BLADDER AND PROSTATE PROCEDURES

Medication

- Please take the medications as prescribed by your doctor. Finish the entire antibiotic prescription.
- Take pain medication as directed by your doctor. Tylenol or non-steroidal anti-inflammatory medications (such as Aleve®) should relieve mild pain and discomfort.
- Resume the usual medications you took before surgery unless instructed otherwise. Do not take blood thinners or aspirin products for one week or as directed by your physician.

Activity

- Take it easy for the first 48 hours after the procedure. Do not drive or operate dangerous equipment for 48 hours following anesthesia.
- You may be able to resume non-strenuous activities after 48 hours unless otherwise directed by your physician.
- Avoid strenuous exercise, heavy lifting, bike riding, and yard work for two weeks, as the vibrations and movement may cause bleeding.
- No sexual activity for two weeks after surgery.

Catheter

- You may need a catheter to drain your bladder, depending upon how much swelling you experience after the procedure.
- You will receive instructions on how to empty the bag and care for the catheter by your nurse prior to discharge home.
- A small amount of Vaseline or Neosporin may be applied to the penis tip to relieve irritation.

Diet and Fluid

- Avoid coffee, tea, carbonated beverages, alcoholic beverages, citrus juices, spicy foods and smoking for the first 3 days following surgery.
- Increase your intake of fluids, particularly water. 24 – 48 ounces over your usual daily fluid intake is typically recommended. Limit fluids after 6 pm.

Bowels

- Do not strain when having a bowel movement.
- Expect irregular bowel habits until fully recovered.
- Increase fiber in your diet.
- You may need a stool softener or laxative during the first two weeks of your recovery.

Expected Signs and Symptoms

- You may experience urinary urgency and/or frequency for the first month following surgery. This is normal. Talk to your doctor to discuss medications that may relieve this.
- You may have a small amount of bleeding with urination on occasion. This may be accompanied with small blood clots. This is normal, and should be relieved by increasing your fluid intake.
- You may experience some mild burning and discomfort during urination. This is normal and should subside in one to two weeks.

When to call your doctor

- Bright red bleeding in urine with a heavy blood clot.
- Fever over 101°F (38°C).
- Severe pain at any time.