

**After surgery, what should I expect?**

No stitches or sutures are used in this surgery and there will be no dressing to worry about. In some cases you may awake from surgery with a catheter in place.

- Pink-red urine, burning with urination, and frequency of urination is not uncommon following this procedure but should not last longer than 48 hours.

**Diet and Activity Following Surgery**

- Your diet can return to normal immediately following the procedure. We do recommend limiting caffeine, alcohol and spicy food, and to increase your fluid intake to help minimize bladder irritability.
- Abdominal Distention, Constipation, or Bloating: Take a stool softener as directed. If you still have no movement after 24 hours, it is safe to take a Docolax suppository.
- It is safe to walk and return to work the day following the procedure.
- You may shower as soon as your body will tolerate it.

**Post-procedure, if you experience any of the following, please contact our office:**

- Fever over 101° F, uncontrolled pain, nausea, or vomiting.
- Inability to urinate.
- Increased blood or blood clots in the urine.
- Increased pain.
- 24 hours after your procedure: Burning or pain with urination, frequency.

**Please call our office at (503) 561-7100 with questions that are not addressed by this form during the hours of 8:30 am - 12 pm and 1 pm – 4:30 pm.**

**In the event of an emergency, contact the doctor on call via the same number or call 911.**