

After surgery, what should I expect?

The surface of your prostate has been changed over the course of your surgery so bleeding and blood in the urine on occasion is to be expected. This may take as long as one month to dissipate.

- Abdominal Distention, Constipation, or Bloating: Take a Colace OTC. If you have no movement after 24 hours it is fine to use a Ducolax suppository. *Do not* strain during your bowel during movement.
- Your urine may clear quickly and become pink-red tinted again two or three weeks after surgery. This is no cause for alarm and usually indicates that you performed too strenuous a task, rest and drink liquids.

Diet and Activity Following Surgery

- After surgery you will be given clear liquids such as broth, juices, or Jello. As you are able to tolerate it, you will return to a regular diet.
- You will be asked to walk soon after surgery to return circulation, breathing, and bowel function back to normal. This is very important in preventing the occurrence of blood clots.
- In the days following surgery, walk every day as your body will tolerate. Take it easy and plan rests throughout the day. Walking is good for you.
- Avoid heavy lifting, no more than 15 lbs. Also avoid other strenuous activity for the first 3 weeks after surgery. This may increase the presence of blood in the urine.
- You may shower when you arrive home after surgery.
- Avoid sexual activity for three weeks post-surgery.

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

- Increased occurrence of blood in urine.
- Fever over 101° F, uncontrolled pain, nausea, or vomiting.
- Difficulty passing urine or increasing presence of blood clots in urine that block your ability to pass urine.
- Inability to urinate or severe burning with urination that does not improve.

**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.