

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

When you awake from the surgery you may have a catheter in place that will stay as long as the doctor feels it is necessary. You will also find that your wound has been shown with sutures and covered with a dressing. The sutures will dissolve on their own and they do not need to be removed. Pink-red tinted urine is not unusual.

**Things You May Encounter**

- 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 movement.
- Expect some bleeding, spotting and mild drainage from the site of your incision. This will diminish over the week.
- It is not uncommon for urine to be pink-red following surgery.

**Diet and Activity Following Surgery**

- As you are able to tolerate it, you will return to a regular diet. Avoid beverages or foods that irritate the bladder (alcohol, coffee, soda, and tea). Increase water intake.
- 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 for 4 weeks (1 week for implant).
- You may shower 48 hours after surgery. Be sure to rinse the incision site carefully and pat dry. Avoid soaking water of any kind (bathtub, hot tub, lake, swimming pool, etc) until the incision site is completely healed.

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

- Your incision becomes increasingly red, swollen, or hot to touch
- Fever over 101° F, pain, nausea or vomiting
- Difficulty passing urine or increasing presence of blood clots in urine
- Large amounts of drainage from incision site or opening in the site

**Please call our office 503-561-7100 with questions that are not addressed by this form during the hours of 8:30pm – 12:00pm and 1:00pm – 4:30pm.**

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