

After surgery, what should I expect?

You will have a catheter for between approximately 14 days while your anastomosis heals. At home, your catheter will drain into a large bag. You will also have a small bag that fits wears like a holster if you wish to go out. You can expect red-pink urine for up to 6 weeks post-surgery.

You will have one incision that will have staples holding the wound edges. Do not be alarmed if you see a small amount of drainage from the incision site. Your staples may be removed prior to discharge from the hospital or at the office at your post-op appointment.

- Your surgery will last hours and is sometimes followed by a 24 hour hospitalization. All patients will go home with a catheter in place.
- Recovery time is approximately 6 weeks.
- You will be seen again 7 days following surgery to remove staples. You will be seen again in 14 days to remove your foley catheter.
- It is common for men to have difficulty controlling their bladders following catheter removal. We will provide a Depends Guard to place in the underwear. Incontinence rarely lasts longer than 1-3 months. Your doctor may want to perform an imaging study to check your urethral healing.
- Perineal Pain (Pain between scrotum and rectum): Try elevating your feet on a small stool during your bowel movements and increasing your fiber and water intake.
- Scrotal/Penile Swelling or Bruising: This is no unusual and you need not worry. It should disappear within 7-10 days. You can also try elevating the scrotum with a small towel while you are lying down or seated. We also recommend wearing tight-fitting underwear for support.
- Bruising Around Incision Site: This is not uncommon and will heal itself.
- Bloody drainage around the catheter or in urine: This is not uncommon after increasing activity or after a bowel movement. Call if you see clots in the urine or if you have no urine output for 2 hours.
- 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 Ducolax suppository.
- Bladder Spasms: You may feel mild to severe pain or cramping, the sudden, urgent need to urinate, or a burning sensation when you urinate.
- Kegel exercises should be started after the catheter has been removed. These will help to increase bladder control. To learn to use these muscles, practice starting and stopping your urine stream. Repeat flexing and relaxing these muscles for counts of 3 and 5 when you are not urinating.

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.
- Do not sit in one place for longer than 45 minutes at a time.
- You may shower 48 hours after surgery. Do not soak in water such as a bathtub.
- Refrain from sexual activity until the catheter has been removed. Issues regarding sexual function will be discussed by your healthcare provider at your post-operation visits.

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

- Catheter is not draining normally.
- Your incision becomes increasingly red, swollen, or hot to touch.
- Drainage from the incision site.
- Fever over 101° F, uncontrolled pain, nausea, or vomiting.
- Large amount of blood clots in urine (red-pink urine on and off for 6 weeks is normal).
- Bladder spasms or pain not relieved by pain medication.

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.