

After surgery, what should I expect?

You will have a catheter for between 7-14 days while your anastomosis heals. At home, your catheter will drain into a large bag. You will also be provided a small bag that fits under your pant leg if you wish to go out. You can expect red-pink urine off and on for up to 6 weeks post-surgery.

You will have between 4-6 small incisions that will have Steri-Strips and Band-Aids over them. You may remove both of these 48 hours after surgery. Do not be alarmed if you see a small amount of drainage from the incision sites following the removal of the Band-Aids. There are no staples or stitches to be removed.

- 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 not 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.

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.
- Recovery time is approximately 6 weeks.
- Your surgery will last 3-6 hours and is sometimes followed by a hospitalization between 24 and 72 hours. All patients will go home with a catheter in place.
- You will be seen again 4-14 days following surgery to determine if the catheter can be removed. We will give you a depend guard to place in your underwear.
- It is common for men to have difficulty controlling their bladders following catheter removal. Incontinence rarely lasts longer than 1-3 months. Your doctor may want to perform an imaging study to check your urethral healing.
- 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.

- 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.
- 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.
- Leg swelling.

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.