

After surgery, what should I expect?

You will have a catheter for a few days following surgery. Do not be worried if your urine is bloody during this time. We suggest you also increase fluid intake during this time to keep urine clear. A few days following your surgery, you will see one of our nurses to have the catheter removed and to receive antibiotics if you have not already been given them.

Recovery Time

- Your expected recovery time is two weeks.
- During these weeks, you should refrain from lifting weight over 10 lbs and all sexual activity.
- Do not be alarmed if you continue to see blood in your urine for up to 2-3 months following surgery, this is common while your bladder heals. If the urine seems unusually heavy or presents clots that obstruct the flow of urine, please contact our office. Similarly, should you experience symptoms of a urinary tract infection or a fever, please call our office immediately.

Diet & Activity

- 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.
- 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.

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

- Fever over 101° F, uncontrolled pain, nausea, or vomiting.
- Difficulty passing urine.
- Increased blood or blood clots in the urine.
- Increased pain.

**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.