

After surgery, what should I expect?

Following the surgery, you will have a catheter inserted. This will be removed 2-5 days following surgery. It is not uncommon for urine to be pink-red tinted following surgery. Depending on the case, you will either be released the day of surgery or the following day.

- Your urine may clear quickly and then unexpectedly become pink-red tinted as many as 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

- 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.
- After surgery you will be given clear liquids such as broth, juices, or Jello.
- As soon 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 intake of liquids.
- 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 4 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 after surgery. It is not uncommon to sense a burning feeling during ejaculation after surgery.
- It is not uncommon for urine to be pink-red tinted.

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.
- Increasing presence of blood clots in urine that block ability pass urine or makes it difficult.
- 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.