



Patient & Family Guide

2023

After Your Urological Surgery

Dartmouth General
Hospital



www.nshealth.ca

After Your Urological Surgery

You can expect a call from your surgeon's office with a follow-up appointment:

at _____ a.m./p.m.

Location:

Call your surgeon's office next week to make a follow-up appointment in _____ weeks/months.

My primary health care provider's (family doctor or nurse practitioner) phone number:

My surgeon's phone number:

- You should have a follow-up appointment with your surgeon 6 to 8 weeks after your surgery.
- If you do not have an appointment when you leave the hospital, call your surgeon's office next week.
- For some surgeries, you may not need a follow-up appointment.

Food and drink

- Drink lots of fluids (water is best).
 - › If your urine (pee) is pale yellow, drink your usual amount of fluids. If your urine is darker, try to drink more fluids.
- **Avoid drinking alcohol for 30 days (1 month) after your surgery.** Alcohol will slow your healing.
- Eating foods with lots of fibre will help with your bowel movements (poop). Some foods with high fibre are:
 - › Bran cereals
 - › Whole wheat bread
 - › Leafy green vegetables (like spinach, kale)
 - › Fresh fruit

Using the washroom

- Your surgery was done in an area very close to your rectum (bum).
- **Try to relax. Do not force or strain (push very hard) to poop. This can cause bleeding.**
- Remember that you have an incision (cut) on the inside of your body that needs time to heal.
- If you are constipated (cannot poop), you can use a laxative (medication to help you poop) for 2 to 3 months after your surgery, as needed.

- **Do not use an enema (injecting liquid into the rectum to clean or move the bowels) unless you talk about it with your primary health care provider.**

Watch for this symptom after going home:

- **Bright red urine with clots.** You will probably have some blood in your urine on and off for a few weeks. Drink more fluids to flush out the bleeding. You may have to pass urine more often for the first few days. **If the bleeding gets worse, or there is a lot of clots, go to the Emergency Department right away.**

Activity after surgery

- You will need to rest and heal after your surgery.
- **If you feel pain while you are doing an activity, stop doing it.**
- You may see blood in your urine after walking and light activity. This is common. **Do not worry about this unless you are not able to urinate (pee) after resting and drinking lots of water.** If you still have blood in your urine and you are worried, call your surgeon's office.

- **If you have new, bright red clots go to the Emergency Department right away.**
- **Do not** lift anything heavier than 10 to 15 pounds.

Driving

- You may drive if your surgeon says it is OK. This will depend on what type of surgery you had.
- **Do not** drive if:
 - › you have pain and cannot push the gas and brake pedals with your foot.
 - › you are taking medication(s) that makes you tired or dizzy.

Sex

- If you had a transurethral resection of the prostate (TURP), **do not** have sex for 4 to 6 weeks after your surgery.
- You may feel mild (a little) pain when you go back to having sex. This will go away over time.
- If you feel pain related to your surgery during sex, stop and rest. Wait a day or two before having sex again.
- Your semen may be bloody for 2 to 3 months after your surgery. It may be red, brown, or black. This will go away over time.

Managing pain

- Your surgeon will suggest medication(s) to help manage your pain. This may include acetaminophen (Tylenol®) or an anti-inflammatory (ibuprofen, naproxen, Celebrex®). Managing your pain will help with your recovery.

If you have any of the symptoms listed below, call your surgeon's office, primary health care provider, or 811. If no one can be reached, go to the nearest Emergency Department right away:

- Cannot urinate or have trouble urinating.
- Fever (temperature above 38 °C/100.4 °F) and/or chills. This could mean you have an infection.
- Pain or discomfort at the surgery area that is getting worse.
- Bright red urine with clots.

