

After a Nesbit Procedure

Urologist: _____

Clinic phone: _____

After a Nesbit Procedure

Care of your incision (cut)

- You will have a gauze roll taped over your incision. It is OK to:
 - › Take the gauze off if it gets stained
 - › Leave the gauze off if it falls off on its own
- You can gently take the gauze off the day after your surgery.
- You will have stitches over the incision that dissolve (go away on their own) within 14 days (2 weeks). You may see some discharge from the incision as the stitches dissolve.
- You will have some bruising and swelling around the incision.
- You may shower the day after your surgery. **Do not** spray water directly on your incision. Pat the incision dry. **Do not** rub.
- **Do not** soak in a bath for 14 days after your surgery. This may cause your stitches to dissolve too soon.
- **Do not masturbate or have sex for at least 6 weeks after your surgery** unless told otherwise by your urologist (urinary tract specialist). It is OK to have an erection.

Discomfort and/or pain

- You will have some discomfort and/or pain after surgery. This is normal.
- The tip of your penis may be numb. This can last for a few months. Often, this goes away on its own slowly over time.
- Take pain medication regularly for the first 24 hours after surgery and before doing an activity that may cause discomfort (like walking). Always follow the directions on the label.
- It may also help to put an ice pack on the area for no more than 10 minutes at a time.
 - › **Do not** put ice directly against your skin. Wrap the icepack in a towel or other material to protect your skin.



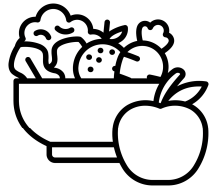
Activity

- **It is important to start moving soon after your surgery.** This will help you to heal faster. Walking is best.
- You can go back to your usual activities (except masturbating and sex) right after surgery.

- You can go back to work when you feel well enough. Talk about this with your urologist or primary health care provider (family doctor or nurse practitioner).

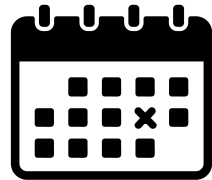
Healthy eating

- You can eat and drink as usual right after surgery.
- Eat healthy foods that are high in fibre (like bran cereals, whole wheat breads, green leafy vegetables, fresh fruits). This can help to prevent constipation (not being able to poop).
- **It is also important to drink a lot of fluids,** unless you have been told not to because of another medical problem.



Follow-up

- Before you leave the hospital, you will get an appointment to see your urologist to make sure you are healing properly.
- **It is very important to keep this appointment.**



Call your primary health care provider or your urologist if you have:

- › Fever (temperature above 38 °C or 100.4 °F)
- › Chills
- › Redness, warmth, or more swelling around the incision
- › More pain or tenderness around the incision
- › Bleeding from the incision
- › The edges of the incision come apart
- › Trouble peeing

If you cannot reach your primary health care provider or your urologist, go to the nearest Emergency Department right away.

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find all patient education resources here:
www.nshealth.ca/patient-education-resources

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

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