

After Your Urological Surgery

Dartmouth General Hospital

Notes:

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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After Your Urological Surgery

Your surgeon's office will call to give you 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.

Managing pain

- Your surgeon will suggest medication to help manage your pain. This may include:
 - › Acetaminophen (Tylenol®)
 - › Anti-inflammatory medication, like ibuprofen (Advil®), naproxen, or Celebrex®.
- Managing your pain will help with your recovery.

Call your surgeon's office, your primary health care provider, or 811 if you have any of these symptoms:

- You cannot pee or have trouble peeing
- Fever (temperature above 38 °C or 100.4 °F) and/or chills
 - › This could mean you have an infection
- Pain or discomfort at the surgical area that is getting worse
- Bright red pee with blood clots

If you cannot reach anyone, go to the nearest Emergency Department right away.

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 feel 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 during sex, stop and rest. Wait for 1 or 2 days before having sex again.
- Your semen may have blood in it for 2 to 3 months after your surgery. It may be red, brown, or black. This will go away over time.

Eating and drinking

- Drink lots of fluids. Water is best.
 - › If your urine (pee) is light yellow, drink your usual amount of fluids.
 - › If your pee is darker, try to drink more fluids.
- **Do not drink 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 (poops). Foods with a lot of fibre include:
 - › Bran cereals
 - › Whole wheat bread
 - › Leafy, green vegetables (like spinach and 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 (putting liquid in your rectum to clean your bowels or help you poop) unless your primary health care provider says it is OK.**

Activity after surgery

- You will need to rest and heal after your surgery.
- **Do not lift anything heavier than 15 pounds.**
- **If you feel pain while doing an activity, stop doing it.**

- For the first few weeks after you leave the hospital, you may see blood in your pee after walking and doing light activity. **This is normal.**
- Get enough rest and drink more fluids (water is best). This will help to flush out any bleeding. You may have to pee more often for the first few days.

Call your surgeon's office if:

- › You cannot pee after resting and drinking lots of water
- › You still have blood in your pee and you are worried

Go to the nearest Emergency Department right away if:

- › The bleeding gets worse
- › You see a lot of blood clots in your pee
- › You have new, bright red blood clots in your pee