



Patient & Family Guide  
2017

# After Your Urological Surgery: What You Need to Know

Dartmouth General Hospital



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# **After Your Urological Surgery: What You Need to Know**

## **Dartmouth General Hospital**

You should have a followup visit with your surgeon in 6-8 weeks. If you are not given an appointment when you leave the hospital, please call your surgeon's office to make one. Some minor surgeries may not need follow up.

### **Food and drink**

Drink plenty of fluids. If your urine (pee) is pale yellow, drink your usual amount of fluid. If your urine is darker, try to drink more water. Do not drink alcohol for 1 month, because it slows down healing.

Eat high fibre foods such as bran cereals, whole wheat bread, green leafy vegetables and fresh fruit to help with going to the bathroom. Avoid enemas unless you talk about them with your doctor. It is OK to use a laxative as needed for 2-3 months after surgery for constipation.

Your surgery was done in an area right in front of your rectum (bum). Don't force or strain to have a bowel movement (poop), as this could cause bleeding. When using the washroom, try to relax and don't bear down. Remember that you have an incision (cut) on the inside that needs time to heal.

### **Activity after surgery**

It is important that you understand what activities you can and cannot do. After surgery there will be some limits to your physical activity. **As a general rule, if something hurts, don't do it.** After walking and light activity you may see blood in your urine. You don't need to worry about this unless you are not able to urinate (pee) despite resting and drinking plenty of water.

You may drive if your surgeon says it is OK. Don't drive if you have pain and can't push the brake, or are taking medication that makes you drowsy or dizzy. It usually takes about 2 weeks after surgery to return to driving, although this may vary depending on surgery type.

Restrictions on activities after surgery also apply to sexual activity (sex). If you have had a Transurethral Resection of the Prostate (TURP), do not have sex for 4-6 weeks. You may have mild discomfort when you go back to having sex; this will soon go away. If you have pain related to your surgery during sexual activity, stop these actions and try them again another day. You may have blood in your semen for 2-3 months after surgery. This may be red, brown or black in colour. This will go away over time.

### **Managing pain**

Make sure you are taking the medicine that your surgeon has recommended to manage your pain. This may include acetaminophen (Tylenol®) or an anti-inflammatory. Managing your pain will help with your recovery.

This pamphlet is just a guide. Please talk to your health care provider about your questions. We are here to help you.

**You may have complications after you go home. Watch for these signs:**

- › Can't pass urine or having trouble passing urine. Contact your surgeon or family doctor, or go to the nearest Emergency Department as soon as possible.
- › Fever/chills. This could be a sign of infection.
- › You suddenly have new pain or discomfort.
- › 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 you are concerned that you have a problem from your surgery, contact your surgeon's office or your family doctor. You can also call 811 in Nova Scotia to talk to a registered nurse. If this is not possible, go to the nearest Emergency Department.

My followup appointment is on:

\_\_\_\_\_

at \_\_\_\_\_ a.m./p.m. at

\_\_\_\_\_ (location).

- Call your surgeon's office **next week** to make a followup appointment in \_\_\_\_\_ weeks/months.

My family doctor's phone number:

\_\_\_\_\_

My surgeon's phone number:

\_\_\_\_\_

**What are your questions?  
Please ask. We are here to help you.**

# Notes:

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The information in this pamphlet is to be updated every 3 years or as needed.