What to expect after Urethrotomy

ANESTHESIA INSTRUCTIONS:
During the first 24 hours after surgery:
- You should NOT drive or operate any heavy equipment
- You should NOT drink alcohol
- You should NOT make any critical decisions or sign any important documents
- You should increase your fluids starting with clear liquids and gradually return to a regular diet as tolerated.
- Some nausea and vomiting is not uncommon after surgery. In the event you experience some, do not take anything by mouth for at least an hour. You may then sip on ginger ale, tea, or water over a 15-minute period till the nausea subsides.

ACTIVITY:
- No heavy lifting (more than 15 lbs.) for 1 week.
- No driving for 1 week or until Foley catheter is removed.
- No cutting the lawn, shoveling snow, raking leaves, etc., for 1 week.
- No sexual activity for 1 week after surgery
- Regular light activity is encouraged several times daily. We encourage walking. Do not be a couch potato.
- If discomfort returns then reduce activity, take it easy, and more gradually resume activities. Stay well hydrated.

DIET:
- Drink plenty of fluids. We recommend 24-32 oz over your usual daily fluid intake. Limit fluids after 6 PM. Avoid tea, coffee (including decal) and pop.
- Resume a regular diet at home. Take high calorie supplements if appetite is poor.
- If you have a special diet secondary to Diabetes, Renal Disease, Liver Disease, etc. you may resume eating when tolerated.

MEDICATIONS
- Please take the medications as prescribed by your doctor. Start them on day of discharge, and please complete the entire prescription. Take pain medication only as needed. Try Tylenol or Motrin for milder pain. You will typically be discharged with your old medications and new pain medication, antibiotics and stool softeners.
- Resume all medications you normally took before surgery, unless instructed otherwise. Do not take blood thinners or aspirin products for 1-2 weeks or as directed.
- If there is a problem taking or getting the medication, call us.

CATHETER CARE
A catheter may be placed at the end of your procedure.
- Catheters may give you the sensation that you need to urinate. This is a normal response.
- If you have a catheter in place, wash around it gently with soap and water. Keep the catheter taped to your thigh or abdomen to avoid inadvertent jerking or pulling. Do not disconnect the catheter from the drainage bag unless directed by your doctor. You may
apply Bacitracin ointment at the point the catheter enters your body.

**BOWEL MANAGEMENT:**
- Do not strain when having a bowel movement. Expect irregular bowel habits after surgery until fully recovered. Increase fiber in your diet.
- You may need to use a stool softener or laxative. Try Colace (Docusate Sodium), Metamucil or Milk of Magnesia at your local pharmacy.

**WHAT TO REPORT TO US:**
- Excessive bleeding or passage of large clots. Also if you feel your bladder is not draining or if you are unable to urinate.
- Fevers greater than 101°F, excessive chills.
- Nausea and vomiting or inability to keep down fluids.
- If you have any questions or concerns that are not covered by this handout.
- Significant tenderness or swelling in the legs, chest pain, shortness of breath.
- If it is a serious emergency, go the Emergency Room or call 911.

Monday – Friday (phone hours) 8am to 4pm - (410) 266-8049
After 4pm, Weekends and Holidays - (443) 481-3003