

THE UROLOGY GROUP

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EXCISION OF PERIURETHRAL CYST POSTOPERATIVE INSTRUCTIONS

The first 24 hours after surgery: Do not drive a car or operate machinery for 24 hours after anesthesia. Do not make important decisions or sign any important papers during this time. Do not consume alcohol, tranquilizers, sleeping medication or any non-prescription medication for 24 hours after anesthesia or if taking a pain medication.

Activity: Recommend walking six times daily. Avoid strenuous activity or lifting more than ten pounds for six weeks. You may go up and down stairs starting the day of surgery.

Bathing: Shower daily. You may wash the genital area gently with mild soap, rinse with water and pat dry. Wait 48 hours to submerge in water.

Pelvic rest: Don't put anything in the vagina for six weeks. Avoid intercourse for six weeks.

Expect pain and/or bruising in the surgical area and vaginal spotting or small amount of bleeding for one to two weeks. You may use two to three pads per day during this time.

Urination: Urinate every three to four hours. Do not strain to urinate.

If you have a catheter in place, keep the catheter well secured to the leg at all times. Empty the bag as directed. The catheter may give the sensation that you need to urinate. As long as the bag is draining, the catheter will empty the bladder for you.

Medication: Acetaminophen (Tylenol) helps decrease discomfort after surgery. This is available at any drug store without a prescription. You may try acetaminophen first, then take prescription medication if the acetaminophen does not provide adequate pain relief. Some narcotic pain medicines also contain acetaminophen. Do not take more than 4000 mg acetaminophen per day to avoid liver problems. Pain medication to be taken by mouth may be prescribed. Narcotic pain medications are constipating and therefore should be discontinued as soon as

possible.

Avoid constipation: Surgery and pain medication can cause constipation. Straining to have a bowel movement may impair healing. You may take over the counter medications such as Colace (docusate), Dulcolax (bisacodyl), Miralax (polyethylene glycol), SeneKot or SennaGen (senna), milk of magnesia (magnesium hydroxide) and/or mineral oil as directed for up to one month. Decrease or hold the stool softener for loose stools or diarrhea.

Postoperative appointment: Call to schedule a postoperative appointment in about two weeks if not already scheduled.

Notify the office: If you have a temperature over 101°F, unable to urinate, increasing pain with urination, increased redness, swelling, or discharge from the incision site.