

THE UROLOGY GROUP

www.urologygroupvirginia.com

1860 Town Center Drive • Suite 150/160 • Reston, VA 20190 • 703-480-0220
19415 Deerfield Avenue • Suite 112 • Leesburg, VA 20176 • 703-724-1195
224-D Cornwall Street, NW • Suite 400 • Leesburg, VA 20176 • 703-443-6733 24430
Stone Springs Blvd • Ste 100 • Dulles • VA 20166 • 571-349-4600 (pre-op dept)

URETHROPLASTY POSTOP INSTRUCTIONS

The night before surgery

You cannot eat or drink anything after midnight on the night prior to your surgery. Take your morning medications unless otherwise directed.

The day of surgery

A family member/friend must accompany you to the surgery, stay the entire time while you are in surgery and be able to drive you home once discharged. You will not be able to drive yourself home.

Surgery

A Urethroplasty is performed with an incision under the urethra (the location of the incision depends on the location of the stricture). The Surgery takes approximately 2-3 hours and can be done under spinal or general anesthesia. All the stitches will dissolve on their own. We use skin glue to reinforce the incision. Please do not pick this off as it will dissolve on its own. After this surgery a urethrogram (urethra x-ray) may be performed to check there is no urine leak.

You will have a catheter after surgery for 2-3 weeks to allow the urethral to heal. If you already have a suprapubic tube, we will usually leave this in until the urethral has healed.

Recovery

It is important that you get up and walk around as soon as possible after surgery. You need to avoid lifting anything over 20 pounds for 4 weeks following surgery. We recommend avoiding strenuous activities. We also ask that you avoid activities that put pressure on the incision in between your legs (i.e. bikes, riding mowers, etc).

Work

You should plan to be out of work for at least 1 to 2 weeks following surgery. Your ability to return to work after surgery depends on your work requirements. It is important that you follow the activity restrictions as mentioned above for 3 to 4 weeks following surgery.

Driving

You should not drive while you are taking pain medications. We recommend not driving for 7 days following surgery. You cannot drive if you are still taking narcotic pain medication or have limited mobility.

Follow up

We will see you back in the Urology office 2-3 weeks after the surgery. Please call the office to set up an appointment if one hasn't already been set up. Your catheter may be removed during this visit.