

Postoperative instructions

Urethropexy



Your return home

Dressing:

- Remove your dressing in two days.

Hygiene:

- You may have a shower 48 hours after your surgery.
- No bath or pool for three weeks.

Diet:

- Resume a normal diet.

Physical activities

- Avoid physical activities for four weeks.
- Avoid sexual activity for three weeks.
- No lifting more than 15 pounds (6.8 kilograms) for two weeks.
- No driving for 24 hours after your surgery, or longer if you are taking pain medication.

Pain control and constipation prevention

- Take your prescribed medications regularly or take Tylenol™ and Advil™.
- Drink prune juice and/or take Metamucil™.

If this is not effective, take one tablespoon of milk of Magnesia daily until you start having regular bowel movements.

Call your doctor or visit your nearest Emergency Department if you have:

- redness surrounding the incision
- pain uncontrolled by pain medication
- nausea and vomiting
- shortness of breath, chest pain
- fever and chills
- discoloured discharge
- uncontrolled bleeding
- trouble urinating

Note: It is normal to have some blood in your urine. It is important to drink more liquids per day and urinate more frequently.

Please call your doctor's office on the day following your surgery to book your appointment.

Your follow-up appointment is in six weeks.

Notify 24 hours in advance for cancellations.

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