

# 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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