

Office #: _____

POST-OPERATIVE INSTRUCTIONS FOLLOWING UROLOGIC PROCEDURES

1. Avoid strenuous activities. Rest for the remainder of the day. You may resume your regular activities thereafter unless your doctor has instructed otherwise.
2. When you first urinate you may experience a slight burning sensation. You may also pass a slight amount of blood. These sensations should pass within a few hours but may last 2 to 3 days.
3. If pain or bleeding persists, if you are unable to urinate, or if you develop a fever or experience persistent nausea or vomiting, **notify your doctor immediately.**
4. If you have had sedation with your surgery you may feel dizzy, light-headed or sleepy for 12 to 24 hours following surgery. You should not drive or operate any mechanical or electrical devices until this feeling has worn off.
5. If you have had sedation or anesthesia with your surgery, begin with a diet of liquids and light nourishment and then progress to a regular diet as tolerated.
6. If pain medication has been prescribed take it as ordered. It is best to maintain a regular schedule of pain medication for at least 24 hours post-operatively to maintain an adequate level of comfort. Remember to take pain medication with some food.
7. Keep all dressings dry. If bandages become wet or soiled call your doctor immediately.
8. The doctor wants to see you in/on: _____ . Call the office to make an appointment.

These instructions have been discussed with the patient and/or the patient's representative and copy of these instructions has been given to the patient.

Signature Patient/Representative _____