

# UROLOGY ASSOCIATES

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## O F C E N T R A L M I S S O U R I

### Urethroplasty Discharge Instructions

1. Your surgery went well.
2. You will have a catheter in your bladder while your repair is healing until we see you in clinic. At that time we will perform an imaging study to ensure that your urethra is healed and if so we will remove the catheter. After it is removed you may have some burning the 1<sup>st</sup> few times you urinate.
3. PROTECT YOUR CATHETER! Make sure it is secured at all times.
4. You will experience:
  - a. Post op pain usually a 6-7 out of ten for the first day, decreasing to 1-3 over the next few days. Take your pain medication as needed. Don't be a hero. 1 to 2 tablets every 6 hours.
  - b. Swelling of your scrotum: It may swell the size of a grapefruit. Wear a scrotal supporter for comfort.
  - c. Bruising of the penis and scrotum. It will be all black and blue for the first week.
5. Eat lightly for the next 24 hours. The pain medication will cut your appetite. Drink fluids liberally.
6. The pain medication will tend to constipate you. To prevent this, start taking a tablespoon of mineral oil and milk of magnesia every evening. When your stools are loose then you may back off.
7. Don't do anything strenuous for the next few weeks.
8. Remove the dressing between your legs (and/or the penile dressing) on post-op day 2. You may shower at this time.
9. Resume all your regular meds on post-op day 1.
10. You will be prescribed a prophylactic antibiotic.
11. All your stitches are internal. They do not have to be removed.
12. Avoid aspirin for one week.
13. You will be set up for an image study of your urethra at Boone Hospital on the day of your follow up to make sure your are completely healed before removing the catheter.
14. We want to see you in  2  week(s). Please call 573-499-4990 for an appointment.

If you have any questions you may email me at [cmechlin@mo-urology.com](mailto:cmechlin@mo-urology.com)