

Urethrotomy

Who is suitable for a urethrotomy?

- Men suffering with urinary symptoms associated with urethral stricture

What are the advantages of having a urethrotomy?

- In most cases, rapid improvement in urinary symptoms
- Quick recovery and minimal downtime after surgery

How is a urethrotomy performed?

Urethrotomy is performed under general anaesthesia.

- The procedure typically takes less than an hour
- There are no skin incisions involved
- Involves the use of a small camera (cystoscope), which is passed through the urethra
- The scar tissue in the urethra is incised (or gently dilated)
- Patients can expect to stay in hospital with a catheter in place overnight

What to expect after a urethrotomy?

- The recovery is done at home and in most cases normal, light activities can be resumed within 3-5 days post procedure
- Complete recovery can take up to 4 weeks, during which time any strenuous activity should be avoided
- The most common side effects with a urethrotomy include discomfort or burning with urination, blood in the urine, an urgent need to urinate and/or difficulty controlling the urge. Most of these symptoms generally subside within the first 2 weeks following the procedure.

Procedure Outcomes

- Most patients will notice an immediate improvement in their urinary flow, pressure and bladder emptying
- Bladder symptoms or urinary frequency, urgency and nocturia tend to take longer to improve (up to 3 months)
- Due to the nature of urethral stricture disease, scarring can recur at the site of the operation as the tissues heal. It is possible that a new ring of scar tissue may form in some patients, despite adequate incision of the tissues during surgery. If this occurs, it may require a further procedure to treat the stricture
- In some cases, men may be advised to learn 'intermittent self-catheterization' to prevent the scar tissue from returning
- In cases of recurrent or extensive urethral stricture, your urologist may discuss urethroplasty as a definitive surgical treatment.

Post-Operative Care Instructions: Urethrotomy

What to expect:

- You may have a catheter in place. Your doctor will advise you on the removal.
- Improved urinary flow, pressure, and bladder emptying.
- Blood in the urine is common for 2-4 weeks following your procedure, but in some cases it may take longer to resolve. This may be intermittent.
- Urination frequency and urgency (urinating often and in a hurry) as well as nocturia (waking at night to urinate) take longer to improve, and in most patients will settle within 3 months. In some circumstances symptoms may persist. Some patients may benefit from bladder retraining with a pelvic floor physiotherapist.
- Burning and stinging with urination may last days or up to weeks following the procedure. This does not usually indicate infection, but is part of the healing process. You may use Ural (available over the counter at pharmacies) to alleviate your symptoms.

Return to activity:

- Driving – no driving for 1 week following surgery (or as advised)
- Work – you may require some time off work. The duration depends on your occupation
- Lifting – avoid heavy lifting or straining to open bowels for at least 4 weeks after surgery, to minimize the risk of secondary bleeding
- Activities – walking is fine and encouraged after surgery. Strenuous activity including running, gym, golf, cycling and swimming should be avoided for 4 weeks.
- Sex – avoid for 4 weeks.

Pain Management:

You may take ibuprofen or paracetamol if you are experiencing pain or discomfort. Ural sachets (available over the counter at pharmacies) can help with burning or stinging with urination.

Head to your nearest hospital emergency room if you have:

- You unable to urinate (this may be due to secondary bleeding and clots; this can occur within the first month or so after surgery)
- Fevers, chills or shakes (may indicate infection).

Follow-Up Information:

Our rooms will contact you to arrange a follow-up appointment with your urologist, typically 6-8 weeks following surgery

Your follow-up appointment is on: _____ at _____.

Contact Information:

If you have any questions or concerns that are not addressed here or in the procedure information available on our website melbourneurologycentre.com.au contact our rooms on 1300 702 811 or [\[email protected\]](#)

Post-Operative information for this procedure can be found here:

[Urethrotomy Post-Operative Care Instructions](#)

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References

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