

## Post-Operative Care Instructions: Bladder Neck Incision

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### **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 2 weeks following surgery
- Work – you will 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](http://melbourneurologycentre.com.au) contact our rooms on 1300 702 811 or [reception@urodoc.com.au](mailto:reception@urodoc.com.au)