



## UROLOGY SURGERY

These instructions will help you take care of yourself at home.



### DIET

Start with clear liquids after you reach home. Wait about 45 minutes and if you do not feel sick, try bland foods first and then progress to your usual diet.



### ACTIVITIES

Rest today. Slowly return to your normal level of activity. No driving or operating any dangerous machinery for two weeks.

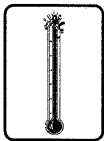


First aid

### SPECIAL CARE NEEDED

**DO:** Wear scrotal support at all times for the next seven (7) days. Remove bandage in two (2) days. Leave steri-strips in place. They will fall off on their own. You may tub bathe/shower in three (3) days.

**DO NOT:** Lift anything heavy (over \_\_\_\_\_ pounds for \_\_\_\_\_ weeks). Engage in any sexual activity for \_\_\_\_\_ weeks. Sit for longer than \_\_\_\_\_ hours at a time for the next \_\_\_\_\_ months.



### INFECTION

Watch for any sign of infection after surgery: **fever, chills, increased pain, redness, swelling, or foul smelling discharge from your wound.** Call your doctor at the first sign of any infection.



### WHEN TO CALL YOUR DOCTOR

Call 434-924-0000 and ask for "Resident on call" for Dr. \_\_\_\_\_ if:

- No urine output eight (8) hours after surgery
- No bowel movement in three (3) days
- There are signs of infection as above
- Vomiting lasting more than four (4) hours
- Large amount of bleeding or swelling

**Call 911 if you have chest pain or shortness of breath**