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POST-OPERATIVE INSTRUCTIONS FOR BARE TIP LASER

CATHETER CARE: You may or may not have been discharged with a catheter, this depends on how severe your stricture is, how much cutting had to be performed and the amount of bleeding during the procedure. You may use a leg bag or a catheter plug depending on your preference. If you use a leg bag you need to drain the urine from the bag periodically before the bag gets too full. If you use a catheter plug you remove the plug from the catheter and let it drain when you feel you have the urge to urinate, then re-plug the catheter when finished draining the bladder. The tip of the penis may get sore from the catheter rubbing. You may shower or bathe as you would normally with a catheter. Wash around the catheter daily, or more as needed, using plain soap and water. The catheter is usually removed 3 to 7 days after the procedure either in the office or by you at home, whatever you feel more comfortable with.

DIET: You may return to your normal diet. However you may want to avoid alcohol, acidic juices, beverages that contain and spicy foods. These foods and beverages may cause irritation or the sense of the need to void despite your bladder is empty. However, if these foods don't bother you, there is no reason to avoid them in moderation. It is important to drink plenty of fluids during the day (at least 8 to 10) to keep the urine flowing freely. Water is best, but juices, decaf coffee, tea and soda are acceptable in moderation.

ACTIVITY: Your physical activity is to be restricted, especially during the first two weeks home. During this time use the following guidelines:

- A: No lifting heavy objects (anything greater than 10 pounds).
- B: No driving for 24 to 48 hours following the procedure
- C: No strenuous exercise, limit stair climbing to a minimum.
- D: No severe straining during a bowel movement.

BOWELS: It is important to keep your bowels regular during the post-operative period. You may take stools softeners such as Colace, which is found over the counter at any pharmacy, but these are not laxatives. A bowel movement every other day is reasonable. Use a mild laxative if needed, such as Milk of Magnesia 2 to 3 tablespoons, or 2 to 3 Dulcolax tablets. Call if you continue to have problems.

MEDICATION: Take Motrin (ibuprofen) or Tylenol (acetaminophen) according to package instructions. Motrin and Tylenol do not contain narcotics and are usually tolerated better, that is, fewer side effects. If the pain is not controlled with Motrin or Tylenol, you will have to let us know. You may resume your pre-surgery medication unless told not to do so. If you are on aspirin or blood thinners please check with your surgeon as to when to restart them. You will also be given a prescription for an antibiotic, take as directed, and be sure to finish the complete prescription.

PROBLEMS YOU SHOULD REPORT TO US:

- A: Fevers over 100.5 degrees Fahrenheit.
- B: Heavy bleeding, or clots in the urine, and or in the catheter
- C: Drug reactions (hives, rash, nausea, vomiting, diarrhea).
- D: If you have a catheter and it stops working.

FOLLOW UP: You will need a follow up appointment to monitor your progress, this is usually 3 to 4 weeks after the procedure, call the office immediately if you don't have a follow up appointment scheduled.