

Post-operative Instructions

Urologist Dr Devang Desai

If your procedure involves general or sedative anaesthetic, you must not drive for 24 hours after anaesthetic and you must have a support person with you the night of your procedure. This is a legal requirement stated in your anaesthetic consent which is included in your admission documents for the hospital.

Please also ensure you have made a review appointment with your surgeon after your surgery. Time frames vary for this so please contact us after your procedure if you are unsure when to book in.

*If you are a public outsourced patient, the Toowoomba Hospital will contact you with information regarding your review appointments.

Healing

To help you heal quicker, in the first 48 hours post procedure:

- Rest and avoid constipation
- Do not participate in labour intensive work or exercise

Additional instructions for penile, scrotal and vasectomy procedures

- Use ice packs to help with swelling (do not apply directly to skin)
- Use scrotal support ie firm fitting underwear

In the two weeks after your procedure, you can return to work on light duties. Do not participate in heavy lifting, pushing/pulling movements or other labour intensive work.

Side Effects

Specific side effects for each procedure have been discussed with you at your consultation. We have listed the most common side effects below.

* If you are a public outsourced patient, please contact your local GP or visit Toowoomba Hospital's Emergency Department if you develop any uncommon side effects.

Common side effects

- Urine with a rose or pink tinge which should clear within 3 days post procedure
- Pain which can be managed with Paracetamol or Nurofen
- Avoid constipation – this will help with pain and healing
- Stinging or burning when passing urine can be relieved with Ural (available from your pharmacy) or by adding lemon or lime to your drinking water

Uncommon side effects

Seek medical attention through Toowoomba Specialists, your local GP or your local Hospital's Emergency Department.

Note: If you take blood thinners, please **DO NOT** take any further doses until you have sought medical attention.

- Dark red or wine coloured urine
- Passing blood clots through your urine
- Fevers, chills, shakes or tremors
- Unmanageable pain

If you have any queries regarding any information included in this document, please contact us on the details listed at the top of this page.

