

## HOME CARE INSTRUCTIONS

# UROLOGICAL SURGERIES

### 01 PHYSICAL ACTIVITY

- Start your daily activities gradually, avoiding movements that require much effort, until you recover your usual routine.
- Discontinue sexual activity as directed by your physician.
- Avoid prolonged bed or chair (sitting) rest.
- Avoid driving for 2 weeks.

### 02 DIET

- Drink plenty of liquid, especially water, avoiding alcoholic beverages, carbonated drinks and coffee.
- Eat fruits, vegetables, avoiding foods that cause constipation (consult with specialized staff).

### 03 MEDICATIONS

- Take your medication at the time and dose set by your physician.
- Continue with your usual medications for the management of your underlying disease.

### 04 CHECK WITH YOUR PHYSICIAN IF YOU HAVE:

- Urine that does not clear up and, on the contrary, becomes redder.
- Outflow of purulent discharge (pus) from the wound.

**POST-SURGERY  
CARE**

February 2021

- Pain that persists despite medication.
- Temperature above 38.8°C or chills.
- Heavy, bad-smelling bleeding, progressive swelling or redness around the wound.
- Difficulty urinating or having a bowel movement.
- Swollen abdomen.
- Discharge or catheter obstruction.

## 05 SPECIFIC RECOMMENDATIONS

### *Ureterolithotomy*

- You may feel discomfort and observe bleeding when urinating.
- Place warm cloths (heat) on the pelvic region and stop bladder exercises.
- Schedule double J-catheter removal (if available) in 2 weeks.

### *Prostactectomy*

- Take the painkillers or pain medications prescribed by your physician to relieve bladder spasms.
- Perform sitz baths: sitting on a plate with warm water.
- Uncover the wound (if any) after 3 days.

### *Nephrolithotomy*

- Ask for directions for nephrostomy care.
- Remove the gauze before showering and then put a clean one.
- If urine leaks from the catheter, place an open disposable diaper on your back to absorb it. If it is abundant and persistent, talk to your treating physician.
- The catheter will be removed by the physician between 3 and 7 days later.
- Keep an eye on the characteristics of the urine. It may initially come out with a little blood, later it will return to its normal color.
- When the urine is clear (no blood), clamp the tube for 24 hours. If there is no pain, schedule an appointment to have the catheter removed. If there is pain, unscrew the catheter and request an assessment with the physician.