

## Post-Op care for REZUM/Urolift

**CATHETER CARE:** Your catheter is very important to allow healing of the bladder and the urethra. You may use either leg bags or external bags. Drain before the bags get too full. The tip of the penis may get sore from the catheter rubbing. Use plain soap and water to wash this area daily or more often as needed. You may see some blood in the drainage tubing or bag on and off during the time that the catheter is in place. As long as the catheter is draining well, a little blood is normal and requires no treatment. You may experience bladder spasms with leakage of urine around the catheter, this is normal however please call us if you are concerned.

**DIET:** You may return to your normal diet immediately. Because of the raw surface alcohol, spicy foods and drinks with caffeine may cause some irritation or sense of the need to void despite the fact that the catheter is emptying the bladder. If these foods don't bother you, however, there is no reason to avoid them completely, but eat them in moderation. To keep your urine flowing freely, drink plenty of fluids during the day (8 - 10 glasses). The type of fluid (except alcohol) is not as important as the amount. Water is best, but juices, coffee, tea, soda are all acceptable.

**ACTIVITY:** Your physical activity is to be restricted, especially while wearing the catheter.

During this time use the following guidelines:

- a. No lifting heavy objects (anything greater than 10 lbs)
- b. Limit long car rides
- c. No strenuous exercise, limit stair climbing to a minimum

**BOWELS:** The rectum and the prostate are next to each other and any very large and hard stools that require straining to pass can cause bleeding. A bowel movement every other day is reasonable. Use a stool softener or mild laxative if needed and call if you are having problems. (Colace, Metamucil or for severe constipation Milk of Magnesia 2-3 Tablespoons, or 2 Dulcolax tablets as examples)

**MEDICATION:** You should resume your pre-surgery medication unless told not to. If you have discomfort Tylenol (acetaminophen) is best.

### PROBLEMS YOU SHOULD REPORT TO US:

- a. Fever over 100.5 Fahrenheit
- b. Heavy bleeding, or clots
- c. Drug reactions (Hives, rash, nausea, vomiting, diarrhea)
- d. CALL IMMEDIATELY IF THE CATHETER FALLS OUT OR STOPS DRAINING

**FOLLOW-UP:** You will need a follow-up appointment on \_\_\_\_\_ for catheter removal.

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