TURP – POST OPERATIVE INSTRUCTIONS

1)   Take all of your usual medications as you did prior to the surgery in addition to any new ones prescribed (usually antibiotics).

2)   Patients rarely require pain medication at home.

3)   Take NO ASPIRIN until okayed by your physician

4)   Avoid all heavy strenuous activity.

5)   Lift no more than 8 lbs (such as one gallon of milk)

6)   Keep the stool soft. (Okay to use laxatives, stool softeners or just prunes)

7)   Continue to drink plenty of fluids to keep the urine as clear as possible.

8)   Blood in the urine is normal following prostate surgery. At times the urine will be bloodier than other times. There is no reason for alarm al long as there are no clots and you can void freely. When the urine becomes bloody (usually in the morning and after activity), drink plenty of fluids and lie down flat for a while to rest. This will take care of the problem most of the time.

9)   Burning with urination is normal and will gradually improve with time.

10)   Spend the first week after surgery at home! Do not drive or be a passenger in the car. Walking is okay and quite good for you. Go outside for walks daily.

11)   After two weeks, most patients may resume 95% of all their usual activity including driving a car and sexual intercourse. If you play golf wait until 3 to 4 weeks after surgery.

12)   Sometimes, around 21 days after surgery, sudden bleeding in the urine develops, even though the urine was clear before. This occurs because the "scabs" within the prostate slough off. Drink plenty of fluids and rest, and the bleeding will stop.

13)   Call the office and make a follow-up appointment for 7 to 10 days after discharge from the hospital.

14)   If you have questions or develop problems, do not hesitate to call the office for help.