

San Buenaventura Urology

in association with Community Memorial Health System

MARC A. BEAGHLER, M.D. © SEYED M. KHODDAMI, M.D.

2705 Loma Vista Rd., Suite 206 • Ventura, CA 93003

• Phone: 805-643-4067 • Fax: 805-648-5612

Adult & Pediatric Urology

Post-operative Robotic Pyeloplasty Instructions

- **Pain Control:** For the majority of patients, one to two days of oral narcotic pain medication may be necessary after which Extra Strength Tylenol is usually sufficient to manage their pain. Again, narcotics should be minimized to avoid constipation and over sedation.
- **Showering:** Patients can shower immediately upon discharge from the hospital allowing their incisions to get wet. Once out of the shower, pat your incision sites dry and avoid any heavy creams or lotions. Tub baths or hot tubs in the first 2 weeks are discouraged as this will allow for prolonged soaking of your incisions and increase the risk of infection. You may shower after returning home from the hospital. Your wound sites can get wet, but must be patted dry immediately after showering. Your surgeon may elect to place surgical "glue" on your skin after closing. This acts as a barrier to infection and will fall off over time. Alternatively, adhesive tape, called Steri-strips, may be placed across your incisions. These can be removed one week following surgery. The sutures underneath the skin will dissolve in 4-6 weeks.
- **Activity:** Walking 4-6 times a day for the first two weeks after surgery on a level surface is strongly encouraged as prolonged sitting or lying can increase your risk of pneumonia and deep vein thrombosis. It is permissible to climb stairs. No heavy lifting or exertion for up to 4 weeks following surgery. Patients may begin driving once they are off of narcotic pain medication and have full range of motion at their waist. Most patients can return to full activity including work on an average 3-4 weeks after surgery.
- **Diet:** Patients may resume a regular diet as tolerated. One sign that alerts a patient to when a regular diet can be attempted is when the patient begins to pass gas.