

Buccal Mucosa Onlay Urethroplasty Patient Instructions

I. GENERAL INSTRUCTIONS BEFORE SURGERY

MEDICATIONS

- Do not take any aspirin, Motrin (Ibuprofen), Aleve (Naprosyn), or similar medications for one week before or after your surgery. These medications can cause increased bleeding both during and after your surgery.
- If you have a headache or mild discomfort, you may take Tylenol.
- You may be given antibiotics to take each day for three days before your surgery.

THE NIGHT BEFORE

- If you are driving a long distance, you may want to spend the evening before your surgery in the International Center Guest Housing. It is located within walking distance of the hospital at 3737 Beaubein Street. The rooms are offered at a discounted rate for patients and their families. If you wish to make arrangements, please call 313-745-8167.
- Do not eat or drink anything after midnight the evening before your surgery.
- Be at Detroit Receiving Hospital at least two hours before your scheduled surgery time.
- Visitor/Patient parking is located in the Underground Parking Structure connected to Detroit Receiving Hospital. The parking fee is \$2.50.

II. INSTRUCTIONS AFTER SURGERY

CATHETER CARE

- During your surgery, a catheter will be inserted to drain the urine from your bladder. The recovery room staff will teach you how to care for your urinary catheter and drainage bags before you are discharged.
- Do not sit directly on the catheter, while it is in your bladder. (The pressure from your body weight could damage your urethral repair). A semi-reclining position is best.

PAIN/SWELLING

- To decrease the pain and swelling, place an ice pack on the surgical area (between your legs) for 24 hours. Leave the ice pack in place for

twenty or thirty minutes every two hours (a bag of frozen peas works well and can be refrozen between uses).

- When you are sitting or lying down, place a rolled-up hand towel under the scrotum. Elevating the scrotum also helps decrease the pain and swelling.
- You will need to apply an ice bag to your face for 24 hours.
- Use Peridex Swish and Spit after each meal and at bedtime for three days.

DIET

- The evening after your surgery, you may have a Clear Liquid Diet. This includes: Clear broth, weak Tea, Ginger-Ale, Jello, and water.
- The day after your surgery, you should have a Soft Diet which consists of: Mashed Potatoes, Cream of Rice, Creamed Soups, Ice Cream, and puddings.
- You can progress to a Regular Diet the second day after surgery.

HYGIENE

- The dressings and jock strap may be removed after 48 hours. If they get soaked or very dirty, you may take them off early. No further dressings are needed.
- It is **OKAY** to bathe or shower after 48 hours.

III. MEDICATIONS

To control your surgical pain, bladder spasms, and prevent infection you will receive the following medications and prescriptions:

PAIN

- In order to decrease your pain after, a local anesthetic will be placed directly into your surgical wound. Due to the effect of this medication, patients often report little or no incisional pain when they wake up after the surgery.
- While you are in the recovery room, you will also receive an oral dose of long-acting non-narcotic pain medication such as Celebrex. This will further decrease your pain on the day of surgery.
- Most people will still need additional doses of narcotic pain medications such as Vicodin, and you will be given a prescription for this.

- In order to have the Vicodin on hand when you need it, you should have this prescription filled as soon as possible after you are discharged.

BLADDER SPASMS

Bladder spasms may feel like abdominal “cramping”. You may also feel an urgent need to empty your bladder, even though you have a catheter. At times, bladder spasms will also force urine to squirt out around the catheter. Your catheter is **not** “leaking”.

- You will be given a prescription for medication such as Ditropan XL 5 m to control bladder spasms. The potential side effects of this medication include: dry mouth, sleepiness, and blurred vision. Generally, these are mild.
- Take one pill every day **ONLY** if you have bladder spasms. Have this prescription filled only if needed.

STOOL SOFTENERS

Pain medications may make you constipated. You may take a stool softener such as Colace each day until your bowel movements return to normal. This can be purchased without a prescription. Some stool softeners also contain a laxative. You **do not** need the laxative. If you have questions about what to purchase, check with your pharmacist.

ANTIBIOTICS

You will need to take an antibiotic such as Augmentin, Macrobid, Cipro or Bactrim for 6-10 days after surgery. This prescription should also be filled as soon as you get home. A possible side effect of Augmentin is diarrhea.

IV. FOLLOW-UP

VCUG

- You will need to have an X-ray called a VCUG to make sure you are healed and can have your catheter removed. This is usually done one to two weeks after your surgery.
- The VCUG will be set up by Gail Sass, the scheduling person, at the University Urologists’ Office. Generally, you should already have received a notification of this appointment by the time of your surgery. If you need to confirm the time or date for this test, please call 313-833-3320, ext. 227.

- The follow-up VCUG X-ray will be done in the Detroit Receiving Hospital Operating room.

OFFICE VISITS

- For the first year after your surgery, you will need to be seen every 3-4 months to review your voiding habits, check for Post-void residual urine, and have a Uroflow study. This will be at the University Urologists' Offices in Suite 1021, Harper Professional Building, 4160 John R. Street, Detroit, MI. (See attached map.) Please call 313-833-3320 to schedule your follow-up appointments.
- PLEASE COME TO ALL YOUR APPOINTMENTS WITH A **FULL** BLADDER, so we can obtain the needed urinary studies.
- You need to call the office to schedule an appointment or go to the Emergency Room as soon as possible if you experience either of the following problems:
 1. Difficulty emptying your bladder
 2. A change in your urinary stream.

V. CONTACT NUMBERS

- Silvia Maxwell the Urology Nurse Practitioner with Dr. Santucci. You may leave a message on her voice mail or have her paged any weekday except Thursdays from 9:00 a.m. to 5:00 p.m. at the following numbers:
 - a. Voice-mail at: 313-745-4184.
 - b. Call the paging operator at: 313-745-5111, and ask to speak with Silvia Maxwell.
- Dr. Santucci's clinic at the University Urologists' Offices: 313-833-3320.
- Nights/weekends for emergencies: Call the paging operator at 313-745-5111 and ask for Pager Number: 4161. You will need to wait on the line for a few minutes to give the on-call doctor time to get to a phone.