



## Incision Care

Most incisions are closed with tiny sutures under the skin and do not require removal. When staples are used, these are removed 7 days after surgery. After the staples are removed, steri-strips (thin sticky paper strips) will be used on the incision to keep the wound edges closed. The steri-strips will fall off by themselves, but if there is a gap in the incision, new steri-strips will need to be applied.

### Contact your urologist if:

- There is increased drainage or discharge from the incision
- The incision becomes red, puffy, or tender, or opens
- You develop a fever (temperature greater than 38.5°C)

The swelling/bruising that usually occurs around the incision may last a few weeks. It is also common for the incision to be itchy, but do not scratch the area.

The dressing can be removed after the second day post op. Keep the incision clean with mild soap and water once or twice daily with light pad dry.

When taking a shower, use mild soap, and rinse well. Dry the wound by gently patting it with a towel, allowing to air dry, or using a blow dryer with a low heat setting.

If taking a bath, do not allow the water to cover the incision, or wait at least 3 weeks until the wound has healed before immersing in water.

Avoid the use of powders or skin lotions or creams near your incision until the wound has fully healed, as these products can cause irritation or trap bacteria.

### Activities to avoid for at least 6 weeks:

- Strenuous exercises or heavy lifting (greater than 25 lbs)
- Any pushing such as shoveling, vacuuming or lawn mowing

Although it is normal to feel tired after any surgery, taking walks is advised. Most men feel well enough 4-6 weeks after surgery to return to their desk job, or earlier if they wish. If employed in a more physically strenuous job, a recovery period of closer to 6 weeks may be needed.

Take 2 regular strength Tylenol (325mg tab each) plus 2 Advil (200 mg tab), every 6 hours as required for pain **prior** to activity or before going to bed, to allow the medication time to work. Stay on top of the pain, it is better to control it than to let pain build up to prevent mobility.