

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.

Email: clinic@ubcurology.com

Phone: 604 875-5003

After Catheter Removal Care

After removal of your catheter, the bladder, urethra and pelvic floor muscles may be weakened

Possible urinary symptoms after removal:

- Involuntary leaking of urine is common after catheter removal - it can last a few weeks to months until muscle control is maintained
- Urinary frequency
- Burning or pain with urination
- Waking up at night to urinate
- Sudden need to urinate immediately
- Blood or small blood clots in your urine

Management of urinary symptoms:

- Urinary leakage
 - Do your pelvic muscle (Kegal) exercises twice daily
 - Squeeze the muscles used to stop your urine midstream
 - Contract, tighten and hold the muscles for 5 to 10 seconds
 - Relax for 10 to 20 seconds
 - Repeat contractions 10 to 20 times twice daily
 - Avoid constipation
 - Constipation may make incontinence worse
 - Use over-the-counter stool softeners or take fiber supplements (such as bran or Metamucil)
- Urinary frequency
 - Maintain daily liquid intake of 4 to 6 (8 Oz) glasses per day
 - Avoid drinking after 7pm
 - Empty your bladder before bed
 - Avoid or decrease caffeine, alcohol and artificially sweetened drinks
- Blood in your urine
 - This happens because surgical incisions inside your body are healing and scabs are coming off
 - May take 1-2 weeks to resolve
 - Can increase with activities or straining with bowel movements
 - We advise you drink more liquids and limit your activities until the blood clears

Go to VGH ER if you are unable to void or if you have severe pain in your lower abdomen. This may mean that the catheter may need to be put back in.

Notify us at 604-875-5003 or clinic@ubcurology.com

For any further concerns contact your urologist:

Urology Clinic: Monday to Friday 9:00am to 4:30pm at 604-875-5003

Vancouver General Hospital: After 4:30pm, weekends & holidays at 604-875-4111 (ask for the urology person on call)

Urology Email: clinic@ubcurology.com

KEGEL EXERCISES

An important part of an Overactive Bladder Program

Your doctor has just prescribed medication for your Overactive Bladder. An additional way you can help reduce the number of leaking accidents you have is to strengthen your pelvic floor muscles, the muscles that hold your bladder, bowel, and (if you are a woman) uterus in place. To do this, you'll need to get in the habit of doing some simple floor exercises, called Kegels.¹

Step 1:

FINDING THE RIGHT MUSCLE

Before you can do Kegel exercises, you have to find the right muscles to squeeze. Use the following guide to help you.

- First of all, sit down.
- Now, squeeze the muscles you would use to stop the flow of urine or a bowel movement.
- If you are a woman, you can confirm that these are the right muscles by lying down, putting a finger inside your vagina, and squeezing. When you feel pressure around your finger, you know you are using the correct muscle.
- If you are a man, you can tell you are squeezing the right muscle if you feel your penis pull in slightly toward your body.

Step 2:

DOING YOUR KEGELS

Now that you know what muscle to squeeze, you can begin doing your Kegels. Here's how.

- Stand, sit, or lie down with your knees slightly apart.

- Squeeze your pelvic muscles (the ones you located previously), as if you were trying to hold in some urine or gas.
- Hold that squeeze for about 5 seconds.
- Relax the muscles for about 5 seconds.
- Each repeat of squeezing and relaxing is one repetition.
- Try working your way up to doing 4 or 5 sets of 10 to 15 repetitions per set.

Step 3:

WORKING KEGELS INTO YOUR DAILY LIFE

At first, it may seem difficult to find the time to do these exercises. If so, don't worry. Like all new routines, you just have to get into the habit of doing them. And that's just a matter of building these exercises into your regular daily schedule.

Many people, for example, prefer to do their Kegels just before they get dressed in the morning and 5 minutes before bedtime. Of course, once you get used to them, you can try adding some quick Kegels while you do other activities, like working at your desk, ironing, watching TV, etc. These mini-exercises are done by quickly tightening and relaxing your pelvic muscles 10 times.

Remember, the more you do your Kegel exercises, the stronger your pelvic floor muscles will become. So do your Kegels regularly, trying to add a few quick ones in, if possible.

Reference:

1. Health Canada. Seniors Info Exchange. Volume 8, Number 1, 1999. p.1-18.

