

Surgery Preparation-General

The Physicians and staff at Affiliated Urologists want you to feel most comfortable about your upcoming procedure. Please read over the attached documents thoroughly and schedule your post operative appointment typically 2 weeks after your surgery.

Food and Fluid Intake

- Nothing to eat or drink after midnight the night before your surgery and/or 8 hours prior to your surgery
 - This includes gum, mints and water
- If you need to take your medication, take with a small sip of water

Medications

- Stop all blood-thinners and anti-inflammatory medications 7 days prior to your surgery
- Examples of medications are Aspirin, Motrin, Ibuprofen, Plavix. Please see the full list in this packet.
- If you need to take your medication, take with a sip of water
- Please see attached list to see which medications you need to avoid 7 days prior to surgery

Pre-Admission Testing

- Along with most hospitals, our doctors recommend you undergo pre-admission testing
- The hospital will contact you to set this up. It may be done the same day of your surgery.
- Testing may include: blood work, EKG, Chest X-ray and other tests.
- The goal of pre-admission testing is to provide you with the safest care possible.
- Please be expecting a call from the hospital

When and where to arrive

- On the day of surgery, report to the registration desk at the hospital or surgery center where your surgery is scheduled.
- Report at the time you have been given. Arriving at the designated time expedites the pre-operative process and keeps the surgery schedule running smoothly.

What to bring and wear

- Bring a list of your medications
- Bring your eyeglasses. You will not be able to wear contacts.
- Bring a valid insurance card and ID
- Wear loose, comfortable clothing
- Leave all valuables at home

Getting there and back

- For outpatient surgery, you need to have someone drive you to and from the hospital or surgery center.
- Hospitals and surgery centers require that a responsible adult drive you home if you have been given anesthesia and/or sedation.
- Please arrange for transportation before your surgery

After Surgery Information-General Outpatient

Anesthesia effects

Some of the medications you received during your surgery may stay in your body for up to 24 hours. Because these drugs can affect your reflexes and sense of balance, you should go straight home and rest for the remainder of the day. We suggest you have a responsible adult with you for the first 24 hours after surgery.

Fluid and food intake

Fluid intake is important after surgery. Try to drink one glass of water or juice every 1 to 2 hours. If you become nauseated or vomit, reduce your oral intake to ice chips until your nausea goes away. Your first meal after surgery should be on the light side (clear soup, crackers, and toast); then return to your regular diet as tolerated.

Urination

If you have consumed adequate fluids after surgery, you should be able to urinate within 6 to 8 hours. If you are unable to urinate, call your doctor or go to the Emergency Room.

- If you underwent a cystoscopy procedure (looking into the bladder with a telescope), you may experience burning when you urinate and see blood in the urine. The more you drink, the clearer the urine will become.
- If you had a ureteral stent placed, it is common to have frequent and urgent urination; blood in the urine may come and go until the stent is removed.
- If you had a catheter placed into the bladder, you may experience bladder spasms: strong urges to urinate, bladder pain, and urine coming out around the catheter; blood-tinged urine is also common.

Medications

Resume taking your usual home medications, take prescribed pain medications only as needed. Do not take narcotic pain pills if you are not experiencing pain. Always take pain medications with food. Also, take prescribed antibiotics as directed.

IV site

It is normal for the IV site to be bruised and reddened. Elevation of the arm and warm packs applied to the site may help.

Complications

Most postoperative complications are infrequent. If you develop any of the following, call your doctor or go to the Emergency Room. There is always a Physician on call 24/7 and can be reached at 602-264-0608.

- Temperature of 101 F or greater
- Redness, swelling or tenderness of your incision
- Any unusual or foul smelling discharge
- Excessive bleeding
- Pain not relieved by pain medication
- Persistent nausea and vomiting
- Pain, redness and/or swelling of your leg or calf.