



TURP POSTOP INSTRUCTIONS

You must avoid any strenuous activity to prevent the potential for bleeding. This includes any heavy lifting, running, riding an Exercycle, golf, etc. This also includes activities such as raking leaves, moving the lawn, shoveling snow, etc. These types of strenuous activities must be avoided for six weeks. In addition, you should avoid driving or riding in the care for one to two weeks. You should avoid prolonged periods of time on your feet for the first three weeks after surgery. You may go up and down stairs, but limit the number of trips per day. If you do see blood, you should increase the amount of fluids that you are drinking and stay off your feet until the blood clears.

It is normal to have burning and stinging with urination for the first several weeks after surgery. It is also common to have more frequent urination and a greater sense of the urge to urinate. There may not be much warning from the time you feel the urge to urinate to the time when the bladder is ready to empty.

You may take whatever you would like to eat or drink.

Take whatever medications are prescribed at the time of your discharge from the hospital. If you are taking any medications on a regular basis prior to your admission to the hospital, you should continue to take those as well. For any aches, pain or headaches, you may use Tylenol or Extra-Strength Tylenol. Do not use any aspirin or aspirin-like compounds, such as Advil, Nuprin, Motrin, Bufferin, etc. for six weeks after surgery.

Do not strain to move the bowels. If you become constipated, use Milk of Magnesia to allow an easier bowel movement. You may find it helpful to take a stool softener such as Metamucil one tablespoon twice a day. This will make the bowel movement somewhat larger and easier to pass.

You may need to be seen in the office several weeks after your discharge. You should call the office to make an appointment. You are allowed to drive to this visit.

If you develop a fever greater than 101 or are completely unable to urinate, you should call the office.