

POST OPERATIVE INSTRUCTIONS: MEATOTOMY

After surgery, there are a variety of steps and precautions that need to be followed to assure that you recover as fully and as quickly as possible.

DIET AND FLUIDS:

Anesthesia can sometimes cause nausea or vomiting after surgery. Start slowly with food and fluids and advance to your usual diet as tolerated.

It is important that you stay well hydrated after returning home. It is recommended that you drink 8 to 12 glasses of fluids per day. Drink enough fluids so your urine is a pale yellow color. If the urine is darker, increase your fluid intake. Use alcohol and caffeinated beverages in moderation.

ACTIVITY:

You may resume normal activities tomorrow. Start slowly with activities as the anesthetic you received may cause you to feel lightheaded or dizzy and may affect your balance. Do not engage in activities today that require you to be very alert, such as running power equipment, climbing ladders, etc. If you have questions regarding an activity, be sure to check with your physician.

TUB/SHOWER:

You may shower tomorrow. Do not take a tub bath, swim, or hot tub for one week.

WOUND CARE:

You will have absorbable sutures around the head of your penis which keep the opening from closing down. They will absorb and do not need to be removed.

There may be a small amount of drainage from the incision. Keep the incision as clean and dry as possible. Remember that it will take about 2 weeks for the operative area to heal completely.

You may experience mild swelling of your penis. This is not a concern at this time. If you experience SIGNIFICANT swelling, contact your physician.

CATHETER CARE:

If you go home with a catheter, please see the instructional sheet for home care of indwelling catheters.

URINATING:

Monitor your urine stream strength. If your urine stream is progressively decreasing in strength or if you must strain to urinate, contact your physician.

SEXUAL ACTIVITY:

Sexual activity may be resumed when it is comfortable for you to do so and all the sutures have dissolved.

DISCHARGE MEDICATIONS :

You may go home on an antibiotic, pain medication and any other medication your physician feels is advisable. Make sure you re-read the instructions on the medication bottles and take them the way they are prescribed. Be sure to take the antibiotic until it is gone.

You may resume the medications you were taking prior to your surgery with the exception of aspirin, coumadin, or other blood thinners. These will be resumed on a later date.

ANESTHESIA:

Anesthesia may affect your judgment. Do not sign important documents or make important decisions for 24 hours.

A responsible adult should remain with you overnight.

Do not drink alcohol for 24 hours or while taking narcotic pain medications.

DRIVING:

Do not drive for 24 hours after surgery or if you are taking narcotic pain medication.

RETURN TO WORK:

You may return to work in _____

CALL YOUR DOCTOR IF YOU EXPERIENCE ANY OF THE FOLLOWING:

Temperature of 101 degrees F. or greater

Excessive redness, warmth or swelling around your incision.

Foul smelling, colored or pus like drainage from your incision.

PAIN that is not adequately controlled by your pain medication.

NAUSEA AND VOMITING that continues more than 24 hours.

BLEEDING that is excessive.

PROBLEMS PASSING YOUR URINE.

TO CONTACT YOUR DOCTOR:

For questions or problems, please call your physician at: _____

I have received these instructions from my nurse at Plaza ASC.

Patient Responsible Representative _____

Nurse _____