

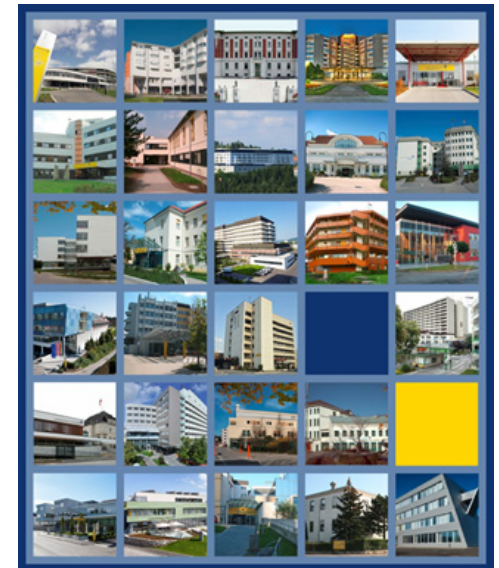
In the case of atypical changes in the affected area, fever, bleeding, wound infection, colics, urinary stasis etc., you should visit our specialist department/outpatient clinic without delay.

We hope to have answered all your potential questions with this information and wish you a speedy recovery.

Your urology team

Urology

Discharge information



Behaviour after bladder or
prostate surgery via the urethra

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Dear Patient,

Further to our discussion at discharge and the doctor's letter, we would like to provide you with some more information relating to the time after your stay in our department.

For the most favourable treatment outcomes and to minimise any delayed bleeding from the surgical wound and complications as much as possible, you should observe the following guidelines for six weeks from the day of discharge:

- Drink plenty of fluids
- Avoid pressing during bowel movements (stool should be soft)
- Avoid long car journeys, cycling trips (including exercise bike) and tractor journeys
- Physical rest; do not lift more than 5 kg, do not take part in activities or sports which may increase the pressure in the lower abdomen, avoid gardening
- Avoid full baths (showers are permitted), saunas, steam baths, swimming pool visits and spa treatments
- Do not take any blood-thinning medications for at least two weeks unless otherwise instructed by your doctor
- Refrain from alcohol

Discharge from hospital does not signify the end of treatment. We would like to make you aware about the importance of attending the recommended **aftercare appointments**.

