

REZŪM DISCHARGE INSTRUCTIONS



WHAT TO EXPECT

- Urinary frequency, urgency to urinate, burning with urination, some blood in the urine, unexpected urinary leakage, pain in the penis, and pain in the prostate/pelvis are all common within the first couple of weeks after the procedure.

ACTIVITY

- Okay to shower the day after surgery
- No lifting > 30 pounds for 7 days
- No golf, swimming, or sexual activity for 7 days
- If you have a catheter, a catheter instruction sheet will be given to you

DIET

- Drink plenty of fluids to keep your urine as clear as possible
- Limit your intake of caffeinated sodas, alcohol, spicy/acidic foods for 2 weeks
- You can have 1 cup of coffee a day starting 2 days after the procedure

MEDICATIONS

- Finish the Antibiotics that are prescribed (typically Cipro or Macrobid are given)
- Tylenol is OK for discomfort. You may be given a Rx for Tramadol.
- Pyridium is given for bladder pain & burning on urination and will make your urine orange
- Please avoid Aspirin, Aleve, Motrin, Ibuprofen, Advil or other blood thinners (Pradaxa, Coumadin, Warfarin, Plavix, Clopidrel, Eliquis, Brilinta) until your urine is clear or otherwise instructed by Dr. Disick.

BOWELS

- Do not strain to have a bowel movement as this can worsen blood from the prostate.
- Increase fiber in your diet and use a stool softener if needed (Colace, Miralax, Milk of Magnesia)

WHEN TO CALL AFTER HOURS

- Excessive bleeding, passage of clots, or a blocked urinary catheter
- You cannot urinate and/or you feel like your bladder is full but not emptying.
- Severe pelvic pain, reddish or black & blue bruising on the skin of your lower abdomen/pelvis
- Fever, chills, temperature > 101
- Pain/swelling in the legs, chest pain, shortness of breath → Call 911

NEXT APPOINTMENT WITH DR. DISICK: _____