What to expect after your Bladder Tumor Surgery

Post Anesthesia Instructions:
During the first 24 hours following anesthesia:
1. You should NOT drive for the first 24 hours following your procedure.
2. You should NOT drink alcohol for the first 24 hours following your procedure.
3. You should NOT make any important decisions or sign any legal documents during the first 24 hour following your procedure.
4. You should start with a clear liquid diet and advance slowly as tolerated.
5. Experiencing some nausea and vomiting following sedation/anesthesia is NOT uncommon.

General Instructions:
Despite the fact that no skin incisions were used, the area around the urethra and bladder may be raw and irritated due to instrumentation. This irritation is manifested by increased frequency of urination, both day and night, and also an increase in the urge to urinate. In some cases, the urge to urinate is present almost always. Sometimes the urge is strong enough that you may not be able to stop yourself from urinating. The only real cure is to give time for the bladder wall to heal.

You may see some blood in your urine for a few days afterwards. Do not be alarmed, even if the urine was clear for a while. Get off your feet and drink lots of fluids until clearing occurs. If you start to pass clots or your symptoms do not improve, please call our office.

Diet:
You may return to your normal diet immediately. To keep your urine flowing freely and to avoid constipation, drink plenty of fluids during the day (8 - 10 glasses). See anesthesia instructions for first 24hrs.

Activity:
Your physical activity does not need to be restricted; however, you may see some blood in the urine with increasing activity. We would suggest reducing your activity under these circumstances until the bleeding has stopped.

Bowels:
It is important to keep your bowels regular during the postoperative period. Straining with bowel movements can cause bleeding. A bowel movement every other day is reasonable. Use a mild laxative if needed, such as Milk of Magnesia 2-3 Tablespoons, or 2 Dulcolax tablets. Call if you continue to have problems. If you had been taking narcotics for pain, before, during or after your surgery, you may become constipated.

Medication:
You should resume your pre-surgery medications unless told not to. In addition, you may be given an antibiotic to prevent infection. These should be taken as prescribed. It is important finish all medications unless you are having an unusual reaction to one of the drugs.

**Problems You Should Report To Us:**
- Fevers over 101 degrees Fahrenheit
- Heavy bleeding or clots (See notes above about blood in urine).
- Inability to urinate.
- Drug reactions (Hives, rash, nausea, vomiting, diarrhea).
- Severe burning or pain with urination that is not improving after 72 hours.

**Follow-Up:**
You should be contacted by your surgeon to discuss pathology results in 1-2 weeks. If you have not heard from your surgeon **within 2 weeks**, then please call our office to discuss results and follow up instructions.

**Monday – Friday (phone hours) 8am to 4pm - (410) 266-8049**
**After 4pm, Weekends and Holidays - (443) 481-3003**