

Transurethral Resection of the Prostate (TURP) Post-Operative Instructions

UROLOGY
SAN ANTONIO

Healing

Your attention to proper post-operative care will help ease your recovery and improve the overall success of the procedure. Despite no skin incisions, your prostate will be irritative for the next 2-4 weeks. The prostate is raw after surgery and there is a scab like material over the area your doctor removed. It is important to not disturb this to reduce your risk of bleeding.

Your prostate will be inflamed after the procedure. It is expected to have urinary frequency and urgency (strong desire to urinate) as well as dysuria (burning or pain with urination) typically for 2-4 weeks after your procedure. You will likely need to wake up more often at night to urinating during this time as well. It is common to have intermittent episodes of passing blood in the urine. With time, this will resolve itself as your prostate heals.

The complete recovery after a TURP is 3 months but the bothersome symptoms typically resolve within 2-4 weeks. To help minimize these symptoms and prevent problems, it is important to drink plenty of water (60-80 oz) daily. This will also reduce the risk of having blood clots in the urine which may make urinating difficult or obstruct the catheter left in place after surgery. If there is blood in the urine, we advise you to limit your activity to allow the bleeding to stop.

After the surgery, there will be a catheter in your bladder to drain the urine. It is normal for blood to be present in the urine as well as around the catheter if you are straining with a bowel movement. If your procedure requires you to stay in the hospital overnight, your doctor may decide to remove the catheter the next day. Your doctor will decide when the best time to remove your catheter is after your procedure and will instruct you on the timing of your follow up.

Diet

You can resume your usual diet after surgery. Due to the raw surface of your prostate, spicy foods or acidic foods like citrus and tomatoes, and caffeine can cause worsening urgency or dysuria. If you are still having frequency, dysuria, or urgency we recommend not consuming these things.

Activities

Restrict your physical activities for 2-3 weeks after your procedure. Typically, around this time you will see a time of bleeding and tissue passing in the urine. This is the scab falling off the area your doctor removed and your risk for bleeding is higher at this time.

- No lifting > 15 lbs
- No strenuous exercise (typical activities like walking and going up stairs is ok)
- No sexual intercourse

Bowel Care

Anesthesia will cause your bowels to slow down. It is normal to not have a bowel movement the day of and after your surgery. Drink plenty of fluids and increasing your fiber intake help prevent this.

Straining to urinate can increase your risk for bleeding. Over the counter stool softeners like docusate are encouraged. If you have not had a bowel movement 2 days after surgery, consider taking milk of magnesia or Dulcolax that you are able to purchase over the counter at your local pharmacy

Medication

Your doctor may prescribe medication to help you with your recovery. Medications for dysuria like Urogesic Blue or Uribel will turn your urine a blue green color when they are working, Pyridium will turn the urine a bright orange color when working. Be careful as these medications will stain surfaces.

Your doctor may also prescribe additional medication for pain or inflammation to help your recovery. Your doctor may prescribe an antibiotic after the procedure, but this is not always necessary.

If you were prescribed an antibiotic prior to surgery or after surgery, it is important to take all of it until it is gone. Upon discharge from the facility where you have your procedure, you will be given a list of the prescribed medications and instructions on how to take them. Your doctor will also instruct you one when to stop or continue medications you were taking prior to your procedure for BPH.

Call your Urologist if:

- You have fever above 101.5 F
- You have severe bleeding and are unable to urinate
- Inability to urinate

Please do not use the medical portal for medical issues as it is designed to only report medical results and request refills or appointments. Your medical concern will be addressed more rapidly by calling your doctor's office.