

## Home Care After Urethrolisis

Urethrolisis removes scar tissue or can undo a bladder surgery that causes a blockage. It is almost always done through the vagina. In rare cases it is done through the abdomen.

### After Surgery

- You may stay one night in the hospital or you may be able to go home the same day.
- It is normal to feel some pain at the site for 1–3 weeks. Take your pain medicine as instructed.
- You will most likely have some drainage from the vagina.

### Activity Guidelines

- **Do not** lift more than 10 pounds for 4 weeks.
- **Do not** drive for 1 week or while taking narcotic pain pills.
- You can resume sex after 1 month.
- You may shower after 2 days.
- Your return to work depends on your recovery and the type of work you do. Ask your doctor when you can return to work.

### Follow Up

You will have a follow up visit in the Urology Clinic in 1–2 weeks.

### When to Call

- Pus-like drainage
- Fever over 100.4 ° F, for 2 readings taken by mouth, 4 hours apart
- Trouble urinating
- Bloody urine
- Foul smelling drainage from vagina
- Pain not controlled by your pain pills

### Who to Call

Urology Clinic: **608-263-4757**. This is a 24-hour number. Your urology doctor is:

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Nights, weekends, holidays: Ask for the urology doctor on call. Leave your name and phone number with the area code. The doctor will call you back.

If you live out of the area, please call **1-800-323-8942**. Ask for the urology clinic or paging.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 4/2024 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#6157