

DISCHARGE INSTRUCTIONS

Center For Urology
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SURGICAL PROCEDURE: Cryosurgery

INSTRUCTIONS:

- 1) **No strenuous activity for one week. Most patients can resume full, normal activity including work in about one week. Sometimes this may take longer due to swelling or problems urinating.**
- 2) **After your surgery you will have a supra-pubic catheter in your bladder to drain the urine. This will need to stay in place until your first office visit and possibly longer (1-3 weeks). Before leaving the hospital you will be shown how to care for the catheter.**
- 3) **There will be some discomfort in the perineum (area behind the scrotum) after your surgery. This is usually mild and of short duration. Pain medication will be made available to you. Some patients experience more pain than others, but you will be given pain medication as needed.**
- 4) **There will be significant swelling of the scrotum (about the size of a grapefruit) DO NOT BE ALARMED. This may not occur until after you are discharged from the hospital and it usually resolves within 2 to 4 weeks. Laying down flat and avoiding long periods of sitting may help. If you have leg swelling, contact us immediately.**
- 5) **There may be small amounts of bloody drainage from the urethra or some blood in the urine for some time after the procedure. This is not a concern unless the bleeding is profuse or is associated with the passage of large clots.**
- 6) **Although you will likely urinate well after the catheter is removed in 1 to 3 weeks, it may take several more weeks before you consider thing to be completely back to "normal." Possible expected symptoms include: increased frequency of urination, urgency of urination, discomfort with urination and leakage or passage of debris in the urine. You may also have incontinence for up to 3 to 6 months, however this usually resolves.**
- 7) **Call the office for an appointment. The doctor will want to see you in about 2 weeks.**
- 8) **If you have any concerns not answered, please call the number below.**

CALL YOUR DOCTOR IF:

- Your temperature is above 100.5 degrees Fahrenheit.**
- You are unable to urinate after the catheter has been removed.**
- You experience heavy bleeding.**
- You experience leg swelling or pain.**