



# ASSOCIATED UROLOGISTS

OF NASHVILLE, LLP

*Adult and Pediatric Urology*

## ABOUT YOUR TRANSURETHRAL PROSTATE RESECTION

### THINGS TO REMEMBER:

Bleeding in the urine usually stops within the first several days, but may recur intermittently for several weeks. Unless heavy enough to form clots, it poses no threat. One out of fifty people are admitted to the hospital after surgery due to urinary retention from clot formation.

Usually patients can void much better immediately following surgery, but occasionally swelling may partially block the urine channel for a couple of weeks after surgery.

The shape of the channel through your prostate has been changed by surgery. The volume of your ejaculate may seem to be diminished. In fact it is not, but a portion of it, or on occasion all of it, is going into the bladder (retrograde ejaculation). This is not harmful. The fluid will come out the next time you urinate. Retrograde ejaculation will not effect sexual function, but it may make fathering a child more difficult. If you are interested in fathering children after this operation, discuss this issue with your doctor.

Both incontinence and erectile dysfunction are mentioned in the scientific literature as possible complications of transurethral prostate resection. Fortunately, these complications rarely occur.

### POSTOP CARE:

You may experience some discomfort with urination, or other pain. You may take over-the-counter pain medication. Prescription medication for pain, or for discomfort with urination, is also available. Notify your doctor if you need this.

For three weeks after surgery, or for two weeks after all bleeding has stopped, do not engage in strenuous activities, in sexual activity, in activities which impact the prostatic area (ride-on lawnmowers, horseback rides, long car rides, etc.). If you have trouble with constipation, be sure to take effective medication to prevent it for the first month after surgery. Any of these may cause significant bleeding.

## **WHEN TO CALL THE DOCTOR:**

If you have a fever, severe burning with urination, bleeding with formation of large clots, or are unable to urinate, call the doctor. If you have any of these symptoms, or other unexplained symptom which you think might be significant, you may call the office number 24 hours a day for assistance (269-2655).

Remember, it will take approximately 6-8 weeks to totally heal. During this time, the best sign of healing is improvement in urination. If, by two to three weeks after surgery, you are not voiding better than before surgery, we would like you to call us and let us know.