



PATIENT POST-OPERATIVE INSTRUCTIONS

Congratulations on starting your journey towards symptom relief! Below you will find basic post-operative instructions.

Activity and Lifestyle:

- After your procedure, you may be allowed to return to normal non-strenuous activity. If you had sedation you may be groggy, and your physician may encourage you to rest.
- You may resume intercourse.
- If you are on your menstrual cycle you may use tampons.
- You can resume your normal exercise program 24 hours following the procedure if blood has cleared from your urine. If you engage in highly strenuous exercise such as CrossFit you may want to wait 48-72 hours.
- You may feel discomfort or irritation to the bladder and urethra following the procedure. If this occurs, the discomfort should subside within 24 hours. Your physician may recommend a warm bath and/or an over-the-counter pain medication to reduce discomfort.
- If you had sedation your physician may recommend the following:
 - Do not drive for 24 hours or longer if you feel groggy.
 - Do not drink alcoholic beverages for 24 hours.

Bladder:

- It is normal to have blood in your urine for 24 hours after the procedure.
- Drink plenty of water to stay hydrated.
- Do not rush or strain to urinate; relax your bladder and give it time to empty.
- Slow urinary stream for the first several days is not unusual.
- If you are unable to urinate, contact your physician.

Contact your physician's office if you experience trouble urinating, heavy bleeding, fever greater than 100.8 degrees, chills, confusion, disorientation, severe abdominal pain or any other unusual reaction.

Once again, Congratulations on beginning your journey towards symptom relief!

In the following months, if you feel your symptom relief decrease inform your physician to explore further treatment options.