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POST CONTIGEN IMPLANT SURGERY INSTRUCTIONS

WHAT TO EXPECT AFTER SURGERY: Expect some discomfort when urinating for the first 24-48 hours, as well as increased urinary urgency and frequency. If these symptoms persist, please call the office. Also, expect your urine to be blood-tinged for 24-48 hours following the procedure. If you have difficulty urinating, try a warm tub bath or shower and try to urinate while in the tub or shower. If this does not help, please call the office for further instructions and evaluation.

DIET: You may return to your normal diet immediately. Because of the raw surface, alcohol, spicy foods, acidic foods and drinks with caffeine may cause irritation or urinary frequency and should be used in moderation. To keep your urine flowing freely and to avoid constipation, drink plenty to fluids for 2-3 days after surgery, 8-10 glasses, water is best. Tip: Avoid Cranberry juice, it is very acidic!

ACTIVITY: Your physical activities are to be restricted, especially during the first one to two weeks. During this time use the following guidelines,

- a. No lifting heavy objects (anything greater than 10 lbs).
- b. Limit long car rides.
- c. No strenuous exercise, limit stair climbing to a minimum.
- d. No sexual intercourse until okayed by one of your doctors.
- e. No severe straining during bowel movements-take a laxative if necessary.

BOWELS: It is important to keep your bowels regular during the postoperative period. Straining with bowel movements can cause bleeding. A bowel movement every other day is reasonable. Use a mild laxative if needed, such as Milk of Magnesia 2-3 tablespoons, or 2 Dulcolax tablets. Call if you continue to have problems.

MEDICATION: You should resume your pre-surgery medications unless told not to.

PROBLEMS YOU SHOULD REPORT TO US:

- Fevers over 100.5 Fahrenheit.
- Heavy bleeding or clots, or blood-tinged urine continues greater than 48 hours.
- Drug reactions (Hives, rash, nausea, vomiting, diarrhea).
- Severe burning or pain with urination that is not improving.
- If you can not urinate follow these procedures. Call the office for further instructions, if this happens after hours, the answering service will put you in touch with the on call doctor.
- If your are instructed to go to the emergency room bring these instructions with you to show to the ER doctor. Let the ER doctor know you have just had a contigen implant and you are to be straight catheterized only with a #14 French catheter, otherwise the contigen implant could be destroyed by leaving the catheter in place.

FOLLOW-UP: You will need a follow-up appointment to monitor your progress. If you weren't given one when we scheduled the surgery, please call for this appointment at the number above when you get home. Usually the first appointment will be about 10-14 days after your surgery.