

Kevin J. Stepp, M.D.
Phone: 216-778-5890



MetroHealth Medical Center
DIVISION OF UROGYNECOLOGY &
RECONSTRUCTIVE PELVIC SURGERY
MINIMALLY INVASIVE SURGERY

INFORMATION BEFORE SURGERY

At least one week prior to surgery, stop taking aspirin or non-steroidal anti-inflammatory medication (Motrin, Advil, Excedrin, and Nuprin are just some examples) and Vitamin E. If you are unsure, call the office.

If you are having laparoscopic surgery, you will need to do a bowel prep the day before your surgery. You will be given separate instructions or you can download from the website.

INFORMATION AFTER SURGERY

Make sure you have your prescriptions before being discharged from the hospital. Most patients will be sent home with a script for pain medication, a stool softener, and an NSAID (such as Motrin, Advil, Excedrin and Nuprin).

If there is swelling around the urethra, occasionally some patients will go home with a foley catheter in place. The catheter may stay in place for 2-3 days until the swelling goes down. If you have a catheter, you will need to call the office to make an appointment within a few days of surgery to have the catheter removed (216)778-5890. This is what we call a PVR (post void residual). The nurse will fill your bladder through the catheter with sterile water or normal saline. The catheter will be removed and you will be asked to go to the bathroom. Depending on the amount urinated the foley catheter will remain out, or have to be replaced to give the swelling more time.

FREQUENTLY ASKED QUESTIONS AFTER SURGERY

CAN I DRIVE?

Depending on the type of surgery, most patients can drive 1 to 2 weeks after their surgery if they are feeling well and are not currently taking any narcotic pain relievers (Percocet, Darvocet, Oxycodone and Tylenol #3 are just some examples).

CAN I CLIMB STEPS?

You can climb steps if necessary. Try not to do this too frequently. Be careful and go up and down slowly.

CAN I TAKE A BATH OR SHOWER?

You can take a shower even if you have a foley catheter in place. DO NOT take a tub bath until advised by your doctor.

CAN I LIFT?

In most circumstances you should NOT lift anything heavier than 10 pounds until you are seen for your follow-up appointment.

DO I NEED TO EAT OR DRINK ANYTHING SPECIAL?

Eat healthy foods from all of the 5 food groups: fruits, vegetables, breads, dairy products, meat and fish. Eating healthy foods may help you feel better and heal faster. Drink 6-8 glasses of fluids every day (unless another doctor limits you). Limit the amount of caffeine.

SHOULD I TAKE A STOOL SOFTENER?

You do not want to strain when having a bowel movement. You should take a stool softener daily. To help prevent constipation drink plenty of water 6-8 glasses a day. Increase your fiber. Green leafy vegetables are a good source of fiber. If you need to take something you can purchase Miralax over the counter. Use as directed.

CAN I HAVE SEX?

You can NOT have sex until you are seen at your follow-up appointment unless otherwise instructed by your doctor. Do not put anything in the vagina. This includes tampons, douches or suppositories unless specifically directed by your doctor.

IS VAGINAL BLEEDING NORMAL?

It is ok to have some spotting or vaginal bleeding after surgery. It may be pink or brown in color. If you are experiencing heavy bright red bleeding and you are soaking a pad an hour, call the office.

WHEN WILL I HAVE MY FOLLOW-UP APPOINTMENT?

If you are doing well and not having any problems, you will be seen 4-6 weeks after your surgery.

WHEN CAN I RETURN TO WORK?

The length of time off of work depends on the type of procedure you had and the type of work you do. You can discuss this with your doctor.

WHAT IF I AM STILL LEAKING AFTER BLADDER SURGERY?

It's not uncommon to have urinary leakage after having surgery. It takes 6-8 weeks to heal after having surgery. If you are still experiencing urinary leakage at your 6 week post op appointment, mention it to your physician.

I have had my post op appointment and I have resumed sexual activity, but my partner is complaining that “something is poking him”. Is this normal? In some cases, it may take up to 12 weeks for the sutures at the top of the vagina to dissolve after vaginal reconstruction. If it is bothersome you can schedule an appointment to have the sutures trimmed.

WHEN SHOULD I CALL THE OFFICE?

You should call the office 216-778-5890 if:

- 1) You have a temperature greater than 38.0 C or 100.4 F, or chills
- 2) You have signs or symptoms of a urinary tract infection
- 3) Burning on urination
- 4) You have any problems with the foley catheter
- 5) Your incision is red, swollen, draining blood or pus, or comes apart or feels warm to touch
- 6) You have a rash or itching
- 7) You experience bright red bleeding equal or greater than a period
- 8) You have any questions or concerns

Try to refrain from heavy coughing in the first 2 weeks after surgery.

When you call the secretary will record your message and send it to one of the Uro/Gyn nurses who will return your phone call before the end of the day.