

## Post TURP Instructions

### **Activity Restrictions:**

Avoid heavy lifting and strenuous activities for at least 4 to 6 weeks following surgery.

Gradually increase physical activity as tolerated, starting with short walks.

### **Hydration:**

Drink plenty of fluids, particularly water, to help flush out the bladder and promote healing.

### **Bowel Movements:**

Straining during bowel movements can put pressure on the surgical site. Avoid constipation by eating a high-fiber diet and staying hydrated. If needed, a stool softener may be recommended.

### **Urination:**

Expect some discomfort or burning sensation during urination for a few days after surgery. This is normal. It's important to empty your bladder regularly to prevent urinary retention and reduce the risk of infection.

### **Medications:**

Take prescribed medications as instructed by your healthcare provider, including pain relievers and antibiotics if prescribed.

Avoid aspirin and other blood-thinning medications unless specifically advised by your doctor.

**Hygiene:**

Keep the genital area clean and dry to prevent infection. Avoid using harsh soaps or perfumed products that may irritate the surgical site.

**Follow-up Appointments:**

Attend all scheduled follow-up appointments with your urologist to monitor your progress and address any concerns.

**Diet:**

Follow any dietary restrictions provided by your healthcare provider, especially if you have dietary limitations due to other health conditions.

**Signs of Complications:**

Be aware of signs of complications such as fever, severe pain, persistent bleeding, difficulty urinating, or signs of infection (such as redness, swelling, or pus at the surgical site). Contact your healthcare provider immediately if you experience any of these symptoms.

**Rest and Recovery:**

Allow yourself plenty of rest and relaxation to aid in the healing process. Avoid stressful activities that may interfere with your recovery.