

POST CRYOTHERAPY INSTRUCTIONS

CATHETER CARE:

Your catheter is very important to allow for healing after cryotherapy. You may use either leg or larger external bags. Drain before the bag gets too full. The tip of the penis may get sore from the catheter rubbing. Use plain soap and water to wash the area daily or more often as needed. You may see some blood in the drainage tubing or bag on and off during the time that the catheter is in place. As long as the catheter is draining well, a little blood is normal and requires no treatment. You may also notice leaking around the catheter at the tip of the penis. If your bladder is irritated or painful with the leaking, please let our office know, we may be able to give you a medication called Detrol to take daily to calm the bladder while the catheter is in. It is very important if you are taking Detrol for your bladder that you stop it 24 hours before you come to the office to have your catheter taken out. If you have leaking around the catheter, but are not bothered by it, you do not need to take the medication. A lubricating cream or ointment may make the tip of the penis less sore for example Vitamin A & D ointment or Neosporin antibiotic ointment, which can be found at your pharmacy. Do not use Vaseline, or water based lubricants such as KY Jelly. Retract the penis over the catheter (this will not dislodge the catheter), wash with soap and water, and cover the catheter with an ointment or Neosporin. Do not attempt to remove or cut your catheter without the instruction of the physician.

Dr Green will determine at the time of your procedure how long your catheter should stay in for healing. The amount of time is individual and based on the degree of obstruction of the urethra or tube leading from the bladder out of the body. It is usually 1-2 weeks. Please call our office to make this appointment.

DIET:

You may return to your normal diet immediately. Because of the irritability of the bladder from the surgery, alcohol, spicy foods, and drinks with caffeine may cause some irritation or the sense that you need to urinate despite the fact that the catheter is emptying the bladder. However, if these foods are not bothering you, there is no reason to avoid them if used in moderation. More importantly, drink plenty of fluids during the day (8-10 glasses), to keep your urine flowing freely. The type of fluids (except alcohol) is not as important as the amount. Water is best, but coffee, juices, tea and soda are all acceptable if they are not irritating your bladder too much. Foods rich in protein will aid in wound healing. Fluid, fiber, and fruits in your diet will help to prevent constipation. Follow dietitian recommendations if instructed.

ACTIVITY:

Your physical activity should be restricted, especially during your initial time home with the catheter. During this time use the following guidelines:

No heavy lifting of objects (nothing greater than 25 pounds for 4 weeks)

No driving a car and limit long car rides. You may resume driving when you are no longer taking narcotic pain medication.

NO BICYCLE OR HORSE BACK RIDING OR SITTING ON A BICYCLE-TYPE SEAT FOR FOUR WEEKS. If you do resume bicycle riding after four weeks, you should get a "cut-out" seat.

Make sure to walk daily.

You may find that reclining instead of sitting upright in a chair is more comfortable. Sitting for extended periods of time may cause increased pressure on your surgical site and pain. **You**

should purchase an inflatable or sponge donut cushion for sitting, which can be found at a medical supply store and some pharmacies. You can look in the yellow pages to find the medical supply store closest to you.

BOWELS:

The rectum and the prostate are next to each other and any very large and hard stools that require straining may cause bleeding. You will be given stool softeners (usually), but these are not laxatives. A bowel movement every other day is reasonable. Use a mild laxative (such as Milk of Magnesia 2-3 Tablespoons, or 2 Dulcolax tablets for example), or call if you are having any problems. **DO NOT USE ANY RECTAL SUPPOSITORIES OR ENEMAS.**

MEDICATION:

You should resume your pre-surgery medications unless told not to. You may be discharged with stool softeners to help keep your stools soft. Pain pills may also be given to help with wound and catheter discomfort. Narcotic pain medication can cause constipation.

If your pain is not severe enough to need narcotic pain medication, and you can tolerate these medications, you can try Motrin (ibuprofen) 600mg three times daily with meals along with Tylenol 650mg every four hours as needed.

HYGIENE:

You may shower or bathe as soon as you get home from the hospital.

It is common after cryosurgery for the scrotum to become swollen. This is temporary and does not require any medical intervention. You may try elevating the scrotum on a small pillow or rolled towel to help alleviate the swelling and discomfort. Wearing a jock supporter or brief underwear may also help. The swelling should dissipate within 6 weeks following surgery.

PROBLEMS YOU SHOULD REPORT TO US:

CALL IMMEDIATELY IF THE CATHETER FALLS OUT OR STOPS DRAINING.

If feeling chilled or feverish, take your temperature and report if over 100.5 degrees.

Nausea, vomiting or abdominal distention.

Persistent constipation, diarrhea or blood in stool.

Pain not relieved by pain medication and rest.

Inability to urinate, with an urge to urinate.

Shortness of breath, cough or chest congestion/pain.

Drug reactions (Hives, rash, nausea, vomiting or diarrhea).

FOLLOW-UP

You will need follow-up appointments to monitor your progress. Call for this appointment at the number above when you get home or from your hospital room before leaving. Usually your first appointment will be between seven and fourteen days after surgery to see Dr Green to have your catheter removed. When the catheter is removed you may not have good urinary control at first, especially when you have an urge to urinate. You may wish to use male incontinence pads or an adult diaper in case of urinary leakage. You may also experience symptoms of needing to urinate frequently or urgently. This will improve with time, but may take a few weeks to a few months to resolve. You should notify our office immediately if you believe you have a

urinary tract infection, if you are unable to urinate or if you feel like you are unable to empty your bladder after urinating.

Your second appointment to see Dr Green will be 3 months after surgery. A PSA blood test will be done at this time. The PSA can be run in our office, there is no need to have this blood work done prior. Please call our office to schedule this appointment.