

## INSTRUCTIONS: POST RADICAL CYSTECTOMY

### DIET:

1. It is okay to eat whatever you want.
2. We encourage you to increase your fluid intake.

### ACTIVITY:

- Do not lift anything heavier than 10 lbs. for one month.
- It is okay to shower after discharge from the hospital. Be sure to dry the area thoroughly. NO BATHING.
- It is okay to climb stairs when discharged from the hospital.
- Walking is good exercise and improves the circulation. Do not over do it! Go easy at first and slowly increase the distance as you feel better.

### DRIVING:

No driving until seen in the office by the physician.

### PAIN MEDICATION:

You will be given medications to take home when discharged from the hospital. As your activity increases, you may experience increased soreness around the incision; this is normal.

### ANTIBIOTICS:

You will be given antibiotics to take home when discharged from the hospital. Please make sure you take all of this medication.

### INCISION SITE:

Observe the incision daily. Some redness and drainage around the incision site is normal. If you notice any increased redness, increased tenderness, cloudy (pus) drainage from the incision and/or develop fever and chills, please call the office.

### STOMA CARE:

You will be given thorough instructions regarding care of your stoma and appliances by a Stoma Therapy Nurse. If you are having problems, please call the office and we will help you with this and possibly set up another appointment with the Stoma Therapy Nurse.

### BOWELS:

You should avoid straining during a bowel movement. You may be given a stool softener to promote regular bowel movements. Milk of Magnesia 30 cc is recommended if your stools are hard. You may also experience some diarrhea. If the diarrhea lasts longer than 5 days, please call the office.

**FOLLOW-UP:**

Our office staff will call you to make a follow-up appointment.