

# Neobladder Surgery

## After Visit Summary

This is general information. Please see your After Visit Summary for how to take care of yourself after surgery.

Your health care team will work with you to understand any challenges you have after your hospital stay. This will help your team work toward a plan to make sure you have the right care and support to help manage your health after you leave the hospital.

## Your Surgery

This is a surgery to rebuild your bladder because of bladder cancer.

After surgery you will be tired. Your urine will be pink-tinged.

## Before the Surgery

- Tell your health care provider if you:
  - are pregnant
  - have a latex allergy
  - have diabetes
  - take a blood-thinner medicine.
- Remove any jewelry or piercings.
- Arrange to have someone drive you home. You will not be able to drive after the procedure.

## Activity

- Follow any directions your health care provider gives you.
- Gradually increase your activity each day. Start by walking short distances six times a day.
- Alternate activity and rest periods during the day.
- Avoid heavy lifting, straining or carrying anything heavier than 10 pounds unless your health care provider says it's OK.
- Your doctor will tell you when you can return to work and resume driving.
- Avoid tobacco and secondhand smoke. They can slow your recovery.

## Food and Beverages

- Eat a well-balanced diet.
- Resume your regular diet unless your health care provider tells you otherwise.
- Drink at least six to eight glasses of water each day.
- Avoid alcohol or caffeine until your health care provider says it is OK.

## Pain Relief

- Take any prescription or over-the-counter medicine as directed.

**(over)**

## Incision Site

- Your incision may be open to the air. It does not need to be covered.
- It is OK to take showers and get the incision site wet.
- Do not take tub baths until all of your tubes are removed.
- If your incision and tubes need special care, your doctor and nurses will give you instructions.

## Foley and Suprapubic Catheters

- You will be going home with at least one catheter.
- Follow any directions your health care provider gives you.
- Follow the directions for cleaning around your catheter(s).
- Change the dressing at least once a day.
- Wear the leg bags during the day when you are awake.
- At night you may use the bedside drainage bags. You will receive instructions if this is necessary.

## Pouched Ureteral Stents

- Change the pouch on your stomach (over the ureteral stents) one to two times each week. Your nurses will show you how to change the pouch.
- If you cannot do this after you leave the hospital, home health care services may be arranged to help you.
- The social worker at the hospital can check with your insurance provider to see if this service is covered.

## Tube Removal

- Your doctor will tell you when your tubes can be removed. Follow any directions you receive.

## When To Call Your Health Care Provider

Call your health care provider if you have:

- a temperature of more than 100.4 F or higher
- redness, swelling, unusual drainage or warmth around your incision
- new pain, pain that gets worse or pain that doesn't stop
- nausea (upset stomach), vomiting or stomach cramping for more than one day
- little or no urine
- bloody or thick, brown urine
- any questions or concerns.

If your catheter becomes plugged, go to your urologist's office during office hours or to a hospital Emergency Department after office hours.

## Follow-up Appointment

Please keep all follow-up appointments with your health care provider or specialist, even if you are feeling well.