

Transurethral Resection of the Prostate (TURP)

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 surgery is to remove a part of your prostate that is blocking urine flow. The prostate is a walnut-sized gland located below your bladder.

Before the Surgery

- Tell your health care provider if you:
 - have a latex allergy
 - have diabetes
 - take a blood-thinner medicine.
- Remove any jewelry or piercings.

Your Incision

- Steri-Strips® (paper-like tape) may have been placed on your incision. They can get wet in the shower. You may peel them off after 7 days.
- Follow any directions your health care provider gives you.

Site Care

- If your scrotum swells, you can place a towel under your scrotum. Put an ice pack on the towel. This will help control pain and swelling. Do not put the ice pack right on your skin. You can use ice for 15 to 20 minutes each hour.
- You may soak in a tub bath every day.

What To Expect After Surgery

- You will not have a scar you can see.
- You can expect 6 to 8 weeks for your prostate to heal.
- You may pass small blood clots or small pieces of tissue during your recovery. This is common.
- Your urine may have some blood in it.
- It is normal after having a TURP to have some dribbling or urine and having to urinate often. This should go away with time.

Pain Relief

- Take any prescription or over-the-counter medicine as directed.
- Follow your health care provider's directions for using ice.

Activity

- Do not drive or operate dangerous machinery until your doctor says it is OK.
- Your health care provider will tell you when it's OK for you to shower, drive, return to work, exercise, and lift.
- Alternate rest and activity.
- Avoid sexual intercourse until your prostate is healed (about 6 weeks). Depending on your surgery, complete healing may take up to one year before normal sexual function returns.
- Always empty your bladder when you feel the urge to urinate.
- Avoid smoking.

Food and Beverages

- Eat well-balanced meals. Follow any instructions your health care provider gave you.
- Drink at least 8 to 10 glasses of water each day. Follow any directions your health care provider gives you.
- Avoid alcohol while you are taking prescription pain medicine.

Bowel Movements

- Take laxatives as prescribed by your health care provider.
- Do not use enemas or suppositories without your doctor's approval.

When To Call Your Health Care Provider

Call your health care provider if you have:

- a temperature of 101 F or higher
- problems urinating
- increased pain or tenderness that can't be relieved with rest or pain medicine
- signs of infection at your incision site:
 - pain
 - swelling
 - redness
 - odor
 - warmth
 - green or yellow discharge
- new pain or pain you can't control
- pain when you walk
- any questions or concerns.

Follow-up Appointment

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