

2014

After a Nesbit Procedure

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Care of your incision

- There will be a gauze roll with tape covering your incision (cut). Gently take the dressing off the day after your surgery.
- Dissolvable (absorbable) stitches will hold the incision closed. The stitches will disappear within 2 weeks. You may see some discharge from the incision as the stitches dissolve.
- You will have some bruising and swelling.
- You may shower the day after your surgery. Do not let the water pound directly on your incision.
- Do not soak in the bath tub until 7 days after your surgery because this may cause your stitches to dissolve too early.
- There may be some shortening of the penis.

Discomfort and/or pain

- You will have some discomfort or pain but this is normal.
- Take pain medication regularly for the first 24 hours and before doing an activity that may cause discomfort (such as walking).
- Your doctor may recommend putting ice on the area.

Sexual activity

- You may have sex again in 3-4 weeks.

Activity

- Moving about early after surgery helps you to heal faster.
- Walking is the best exercise.
- Ask your doctor when it is OK to go back to work.

Healthy eating

- Continue to follow your usual diet.
- Foods high in fibre (such as fruits, vegetables, bran, and prunes) and fluids help prevent constipation.

Report these symptoms to your doctor right away:

- Redness, warmth, or increasing swelling around the incision.
- Increasing pain or tenderness around the incision.
- Bleeding from the incision.
- The edges of the incision separate (come apart).
- Fever and/or chills.
- Trouble passing your urine (pee).

If you get a follow-up appointment with your Urologist, be sure to keep it.

If you need to see a doctor, please contact your family doctor or go to the nearest Emergency Department unless otherwise instructed by your Urologist.

If you have any questions, please ask.
We are here to help you.

Looking for more health information?

Contact your local public library for books, videos, magazines, and other resources.
For more information go to <http://library.novascotia.ca>

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