

POST-OP INSTRUCTIONS FOR DR. NAYAK'S SURGERY

MARSHALL MARCHETTI

- Catheter will be removed 5 to 10 days after surgery, if the urine is clear.
- Fill the bladder and be sure the patient can void before leaving.
- Reinsert the catheter if patient is unable to void OR option 2: Teach the patient to self catheterize if unable to void.
- Push fluids.
- Take all prescribed medications until gone.
- Use pain medications only if needed.
- NO lifting over 20 pounds for 4 weeks.
- NO vacuuming, sexual intercourse, etc. for 8 weeks.
- NO driving for 2 weeks.
- The staples will be removed 7 to 10 days after the surgery.
- Post-op return appointment in 2 to 4 weeks
Appt: _____ at _____.