

POST-OP INSTRUCTIONS FOR DR. NAYAK'S SURGERY

OPTICAL URETHROTOMY

- Catheter will be removed at the office 2 to 3 days after surgery, if the urine is clear.
- Push fluids.
- Take all prescribed medications until gone.
- Use pain medicine only if needed.
- NO sexual intercourse for 4 weeks.
- Post-op appointment 4 weeks after surgery.
- NO driving for 2 weeks after surgery.
- NO lifting over 20lbs. for 2 weeks after procedure.