Cystectomy or Partial Cystectomy
Care After Surgery

Please read the instructions outlined below. Refer to these instructions for the next few weeks. These discharge instructions provide you with general information on caring for yourself after you leave the hospital. Your caregiver may also give you specific instructions. While your treatment has been planned according to the most current medical practices available, unavoidable complications occasionally occur. If you have any problems or questions after discharge, please call your caregiver.

HOME CARE INSTRUCTIONS

- Take showers instead of baths until informed otherwise.
- Gradually decrease your pain medications as able.
- Exercise as instructed. Do not perform exercises which increase the pressure inside your *abdomen* (belly) until your surgeon has given permission. Examples would be things such as sit ups, lifting weights etc.
- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver.
- You may resume normal diet and activities as directed.
- Do not douche or engage in intercourse until your surgeon has given permission.
- Change dressings as directed.

SEEK MEDICAL CARE IF:

- There is redness, swelling, or increasing pain in the wound.
- There is pus coming from the wound.
- There is drainage from a wound lasting longer than one day.
- An unexplained oral temperature above 101° F (38.3° C) develops.
- You notice a foul smell coming from the wound or dressing.
- There is a breaking open of a *suture* (stitches) line or the edges of the wound are not staying together after sutures or staples have been removed.
- You notice increasing pain in the shoulders (shoulder strap areas).
- You develop dizzy episodes or fainting while standing.
- You develop persistent nausea or vomiting.
- You have problems with your stoma care or questions about how to care for problems around your ostomy.

SEEK IMMEDIATE MEDICAL CARE IF:

- You develop a rash.
- You have difficulty breathing
- You develop any reaction or side effects to medications given.

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