



Royal Berkshire
NHS Foundation Trust

Aiding your recovery following urological surgery

Adult Day Surgery Unit

Introduction

This leaflet will give you advice to follow at home after day surgery in the Adult Day Surgery Unit (ADSU).

After the operation

It is normal to experience a moderate amount of bruising and swelling from the operation, which will be uncomfortable.

To help reduce this:

- It is important that when you leave hospital you rest quietly at home for at least three days.
- It is necessary to wear supportive underwear (day and night) for one or two weeks. Do not wear loose fitting underwear such as boxer shorts. If you do not have any supportive underwear, speak to staff who can provide an alternative.
- You must stay off work for weeks. When you return, it is advisable to start with light duties. Contact your GP if you have any problems.
- If you have any redness or discharge from the wound, contact your GP.
- You may take a bath or shower 24 hours after your operation.
- Please use any dressings as instructed.
- You have dissolvable stitches, which may take from four to six weeks to dissolve.
- You should take regular painkillers to help reduce pain or discomfort.
- Do not take part in any sporting activities for six to eight weeks. This may be longer for contact sports.

- You may resume your normal sexual activity when your wound is healed and you feel comfortable.
- Please refrain from driving for three to five days after your operation. Please check with your motor insurance company prior to resuming driving.

If there is anything you do not understand or if you have any questions or concerns, please feel free to discuss them with your nurse.

During the first 24 hours following your discharge

If you have any further concerns about your surgery, please telephone the ADSU: 0118 322 7622. Fax: 0118 322 8214

Opening hours are 7.30am to 10.00pm Monday-Friday, 7.30am to 4.00pm Saturday. If you need help/advice outside these hours, please telephone Hopkins Ward on 0118 322 7771 or 0118 322 8641. Please note that this should be for emergencies only.

After 24 hours, please seek advice from your GP.

For further information about the Trust, visit our website www.royalberkshire.nhs.uk

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Adult Day Surgery Unit, December 2018
Review due: December 2020