



UROLOCARE HOSPITALS

(Pty) Ltd. Reg. No/nr. 2001/005764/07

NEO BLADDER

Home education

1. Maintain high fluid intake
2. Prevent constipation
3. Avoid lifting heavy objects
4. Avoid driving or being driven for 4 weeks after surgery
5. No sexual activities for approximately 4 – 6 weeks
6. Follow a healthy diet
7. Wear TED socks until your follow-up appointment
8. Continue with anticoagulant medication as prescribed
9. Complete prescribed medication
10. Encourage leg and chest exercises
11. Maintain daily exercise
12. Stop smoking
13. Continue with self-catheterisation and neo bladder irrigation with 30–40ml of saline as needed
14. Attend your follow-up appointment
15. Phone your treating doctor or The Urology Hospital (after hours) if any of the following occurs:
 - Fever
 - Severe abdominal pain
 - No urine output bloodstained urine
 - Abnormal wound drainage
 - Redness, swelling or offensive smell around the wound area.

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