

Urology Associates of Rochester, LLC

995 Senator Keating Blvd., Building E, Suite 330
Rochester, NY 14618

Optical Internal Urethrotomy

Optical Internal Urethrotomy is a surgical procedure that incises scar tissue within the urinary channel through a telescope-like instrument.

PREPARING FOR SURGERY: THINGS YOU SHOULD KNOW

1. You will be in the hospital setting for about 4 hours.
2. If you are on IBUPROFEN or drugs for ARTHRITIS or INFLAMMATION, please discontinue five days before the procedure. If you are on ASPIRIN or aspirin products, please discontinue two weeks before the procedure. If you are on HERBAL SUPPLEMENTS, please discontinue one week before the procedure.
3. If you are on COUMADIN, please consult your primary care physician or cardiologist before discontinuing.
4. If you take antibiotics prior to dental work, have an orthopedic prosthesis, or were told by another physician to take antibiotics prior to surgery, please call the office.
5. If you take blood pressure, thyroid or seizure medication, you may take it with a sip of water the morning of your surgery.
6. No eating or drinking after midnight the night before your surgery except for medications as mentioned above.
7. No alcohol for 24 hours prior to surgery.
8. We suggest that you wear comfortable clothing.
9. You will be receiving anesthesia for this surgery. You will see an anesthesiologist who will discuss this with you prior to your surgery.

RECOVERING FROM SURGERY: WHAT TO EXPECT

You will awake from your surgery with a catheter (tube that drains urine from your bladder). Your physician may elect to leave the catheter in when you go home. Your physician and the nurse will discuss this with you.

It is normal for you to notice blood in your urine or around the catheter. This blood may last for one to ten days.

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INSTRUCTIONS: POST OPTICAL INTERNAL URETHROTOMY

ANTIBIOTICS:

You have been given a prescription for antibiotics to take at home when discharged from hospital. Please make sure you take all of your antibiotics.

FOLLOW-UP:

You will need to be seen for follow-up in the office after your procedure. **Your appointment is scheduled for:**

If you have any questions or concerns, please call us at **(585) 232-2980**.