

# Cystectomy

## postoperative instructions

### What is it?

A cystectomy is a surgical procedure to remove all or part of the bladder.

### After surgery, what should I expect?

You have just had major surgery.

If your bladder has been completely removed, you will use a small watertight bag as a urine reservoir. This bag will sit against your abdomen and is small and flat. It requires emptying in much the same way your bladder did, simply open the bottom of the bag.

You may also find that a red rubber drain has been placed in your stoma to help hold the shape and stability of the stoma until the swelling goes down. Your doctor may also have placed stents exiting through the stoma to aid in the drainage of urine and allow for the healing of your internal sutures. Expect these to also remain until the swelling has subsided. You will also have small abdominal drains to assist in the drainage of the surgical area. These will all be attended to by your nurse and removed when the stoma appears ready.

- Expect some bleeding and oozing around the incision site for the first week after surgery.
- Red/pink urine is not uncommon the first few days following surgery.

### Diet and activity after surgery

- After surgery you will be given clear liquids such as broth, juices or gelatin. As you are able to tolerate it, you will return to a regular diet.
- Abdominal distention, constipation or bloating: Take a stool softener as directed. If you still have no movement after 24 hours, ask your doctor if it is safe to use a Ducolax suppository.
- You will be asked to walk soon after surgery to return circulation, breathing and bowel function back to normal. This is very important in preventing the occurrence of blood clots.
- Avoid all activity for up to two weeks after surgery to allow healing. When you are comfortable, you may walk and start to gradually add activity as your body tolerates it.
- Walk at least three times a day, gradually increasing your distance.
- You may shower 48 hours after surgery. Be sure to rinse the incision site carefully and pat dry. Avoid soaking in water of any kind (bathtub, hot tub, lake, swimming pool, etc.) until the incision site is completely healed.
- Avoid lifting any weight over 15 pounds (about the weight of two gallon milk jugs) for the first six weeks after surgery.

# Cystectomy

## postoperative instructions

### Diet and activity after surgery (continued)

- After you have completely healed, you can ski, ride horseback, bowl, swim and enjoy yourself in a variety of activities. You should avoid weightlifting and contact sports such as wrestling or football, which could harm your stoma.
- You are free to wear whatever clothing is comfortable around the site of the stoma.
- Abstain from sexual activity for a couple weeks after surgery and until you feel comfortable. Be sure to discuss your pouch and stoma with your partner. Always drain your pouch and ensure it is well sealed prior to sexual activity.

### Caring for your stoma

- Aim to empty your pouch when it is one-third full. If it fills up much beyond this point it will become heavy and is likely to disconnect from the wafer.
- At night, connect the stoma bag to a drainage bag. During the day, wear the stoma bag and empty it frequently. Every morning, rinse the night collection bag with equal parts water and vinegar to prevent growth of bacteria as well as decrease odor. Place the tip of the collection bag in a container that will help keep it clean.
- Refer to the instructions for care of the stoma you receive from your nurse.
- Additional stoma care questions can be answered by Salem Health's ostomy nurses at 503-561-5409.

### If you experience any of the following, please contact our office:

- There is drainage or pus from your incision or your incision comes open.
- The skin around the stoma becomes red and itchy and does not improve with soap and water cleansing.
- The stoma begins to look dark and not a healthy reddish pink.
- Your incision becomes red, swollen or feverish.
- Fever over 100.4° F, uncontrolled pain, nausea or vomiting.
- No accumulation of urine in the ostomy bag.
- No bowel movement for three days.

**Please call our office at 503-561-7100 with questions. Office hours are 8 a.m. to 5 p.m. In the event of an emergency, call 911.**

SHMG-2689 457279