

Perineal urethrostomy Aftercare

Susan Hodge, DVM, DACVS-SA

Date of Surgery: _____

Surgery: Perineal Urethrostomy (relieve distal urinary obstruction)

Nausea is common following General Anesthesia, in case of nausea:

- **FOOD AND WATER:** Large intakes of food and water following a hospital visit are common due to the excitement of returning home. This type of vomiting can often be eliminated by not allowing access to food or water for 2 hours after returning home.
 - o A bland/**special diet** may recommended, the length of time will depend on the type of stones that were removed and any crystals noted in the urine. A bland diet may only be needed for a few days until your pet is eating, then you can start to mix in the special diet to whatever your pet is willing to eat until they are on the new diet exclusively and this may take a couple of weeks to transition over to the new diet.

A bland diet such as Eukanuba Low Residue, Hill's I/D, or Royal Canine Intestinal diets can be purchase or a home-made diet can be made with a 50:50 mixture of a cooked protein source such as hamburger, turkey, chicken, or cottage cheese (all fat removed) combined with a carbohydrate source such as rice, pasta, or mashed potato. We recommend gradually mixing the regular diet into this bland diet during the first week home.

Medications:

- (X) Pain relieving medications: **Buprenex 0.5 mg/mL:** The dose will be given in terms of the number of mL (1 syringe full of pre-filled medication) needed to be administered by mouth and the frequency will be noted for you (either every 8, or 12 hours) for 10-14 days as needed for pain control. This medication is an opioid and may cause sedation, mild constipation, or a decreased appetite. These side effects are related to the dose of the medication. Please call your doctor if you have concerns about any side effects. The time of the next dose that this medication is due will be noted on your discharge instructions (_____ am/pm).
- () **Other: Antibiotics** (such as Clavamox) will be used until the results of the culture return from the lab. We may either give an injection that lasts for 10-21 days or oral options may be administered, depending on the case. The dose will be given in terms of the number of tablet(s)/capsule(s) needed to be administered by mouth and the frequency will be noted for you (either every 12 or 24 hours) for the appropriate number of days. Antibiotics would be used to treat the expected contamination noted at the time of surgery. Any antibiotic may cause nausea, vomiting, or diarrhea. Most side effects can be minimized by administering the medication with food. The time of the next dose that this medication is due will be noted on your discharge instructions (_____ am/pm).

Exercise: Limit activity for the next 3 weeks. No jumping, running, or rough-housing with other pets or people. Unrestricted activity may result in breakdown of the urinary incision.

For Cats:

(X) Please do not let your pet outside during recovery.

(X) LITTER PAN: Use shredded paper or Yesterdays News for litter for 3 weeks.

() **LAB/STONE Analysis Results:** The results from the submitted samples should return from the lab in about 21-30 days. Dr. Hodge will call you with these results, but please call if you have not heard from her in 30 days. We will call you with the results of the stone analysis return and then we will discuss consultation with your regular veterinarian for continued management.

() **CULTURE OR BIOPSY RESULTS:** Culture or biopsy results should return in 5-7 days time. Dr. Hodge will call you with these results, but please call if you have not heard from her in 7 days. A copy of these results will be sent to your regular veterinarian after review.

Incision: Please check the incision daily for redness, swelling, pain or discharge. There will be accumulation of blood clots on the sutures which is normal. We do not recommend cleaning as it may actually increase bleeding or irritation unless there are concerns with your pet's ability to pass urine. The area can be cleaned with warm water (gently) if needed. Do not allow your pet to lick the incision. Your pet needs to wear an Elizabethan collar at all times.

() There are no external staples/sutures to be removed, but the incision should still be checked.

() There are sutures that need to be removed in about 10-14 days.

(X) E-collar: An Elizabethan collar is recommended AT ALL TIMES until your recheck (for the first 2 weeks). Your pet cannot lick at the incision as it may damage the healing.

(X) SPECIAL INSTRUCTIONS: Your pet will urinate red colored (bloody) urine for several days to 2 week following urethra surgery. Additionally, they will need to go more frequently for the first few days as the urethra is irritated. By 7-10 days following surgery your pet should be improved and able to hold their urine more normally. Some pets to have some accidents during this time period. You pet may hold the urine, but should urinate at least daily as sometimes there is stinging at the suture site. Please call if you have concerns.

**** PLEASE RETURN your pet for an incision check (suture removal) in 10-14 days. This will need sedation, please do not feed the day of this appointment (this can be scheduled as a drop off appointment to minimize waiting).