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RMS

Recovery After Bladder Removal Surgery

Your doctor may call this: radical cystectomy

A guide for patients and families

In the Hospital

Most people stay 4 to 7 days. You will walk from the first day and eat again as your bowels wake up.

If Your Urine Goes Into a Bag (Stoma)

A nurse will teach you to care for the opening on your belly before you go home.

- Change the bag every 2 to 3 days, or sooner if it leaks.
- White threads (mucus) in the urine are normal.
- Use a bigger bag at night, and carry spares.

If You Have a New Bladder

A urine tube stays in for 2 to 3 weeks. Then empty the new bladder by the clock, every 2 to 3 hours. Leaking at night is common at first.

Eating, Cuts and Activity

- Eat small meals often. Bloating is common for a few weeks.
- Shower daily and pat the cuts dry. No bath for 4 weeks.
- Use the clot-prevention injections exactly as shown.
- Walk more each day. Lift nothing over 5 kg for 6 weeks. No driving for 4 weeks.
- Full recovery takes 6 to 8 weeks.

Your Next Visits

Dr. Saoud will go over the results and plan regular check-ups. If erections or sex are affected, tell us: there are treatments that help.

Call Us Straight Away If

- Your temperature is 38°C or higher, or you are shivering.
- Very little or no urine comes out.
- You are being sick, your belly is swollen, or you cannot pass wind.
- A cut is red, hot or leaking.
- A leg is painful and swollen, or you have chest pain or trouble breathing: call 140.

Questions after your surgery? Call Dr. Saoud's clinic at AUBMC: 01-350000, ext. 5800. For an emergency, call 140 or go to the nearest emergency department.

This guide gives general information. Always follow the specific instructions that Dr. Saoud and your care team give you.