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## EARLY RECOVERY AFTER MAJOR SURGERY – CYSTECTOMY

### PRE-OPERATIVE MEASURES:

- **Stop Smoking / Alcohol** and **Control Blood Sugar levels and Blood pressures** (if any) by taking medications regularly as per Doctors instruction.
- **Triflowmetry** (Three Ball Exercise) and start doing it before surgery.
- Admission in evening prior to day of surgery.
- Preparation will include Shaving of local area, Enema , Inj.TT and Fasting for 6 hours before from time of surgery (12 am midnight).
- **Carboload Drink** - 2 sachet 8 hr before and 1 sachet 3 hr before surgery.

### POST-OPERATIVE MEASURES:

- Patient will be advised and motivated to sit in Bed / Chair after 6 – 8 hrs of surgery.
- From First day after operation patient are ask to Ambulate out of bed – No need to wait for Doctors rounds.
- Inj Clexane 40 mg SC to be started on the night of surgery ( to check with medical team)
- Advise patient to do following **EVERY HOUR** - if possible maintain a chart
  - ❖ **WALK FOR 10 MINUTES**
  - ❖ **TRIFLOWMETERY BREATHING EXERCISE AT LEAST 10 TIMES**

Postoperative Day	IV Fluids	Clear Apple Juice / Tender Coconut Drinks	Pentasure2.0 Drink (Mixed In Normal Water)
1 <sup>st</sup> Day	75ml/hour	30ml/hour	Half tsp in 30ml - t.i.d*
2 <sup>nd</sup> Day	50ml/hour	60ml/hour	Half tsp in 60 ml - t.i.d
3 <sup>rd</sup> Day	500ml in Morning 500ml in Evening	Free Drinks Including Tea/Coffee	1 tsp - t.i.d
4-7 <sup>th</sup> Day	Nil	Soft Solid diet	1 tsp - t.i.d
8 <sup>th</sup> Day onwards	Nil	Normal diet	1 tsp - t.i.d for one month

\*t.i.d – three times a day

- Flowtron boots will be removed once ambulated and Teds stockings to be removed for only 2 hours every day.
- Please bring some **CHEWING GUMS** for patient, and ask patient to chew it through the duration in hospital (minimum 3 in a day).

Discharge will be earliest as when Doctor feels safe

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