

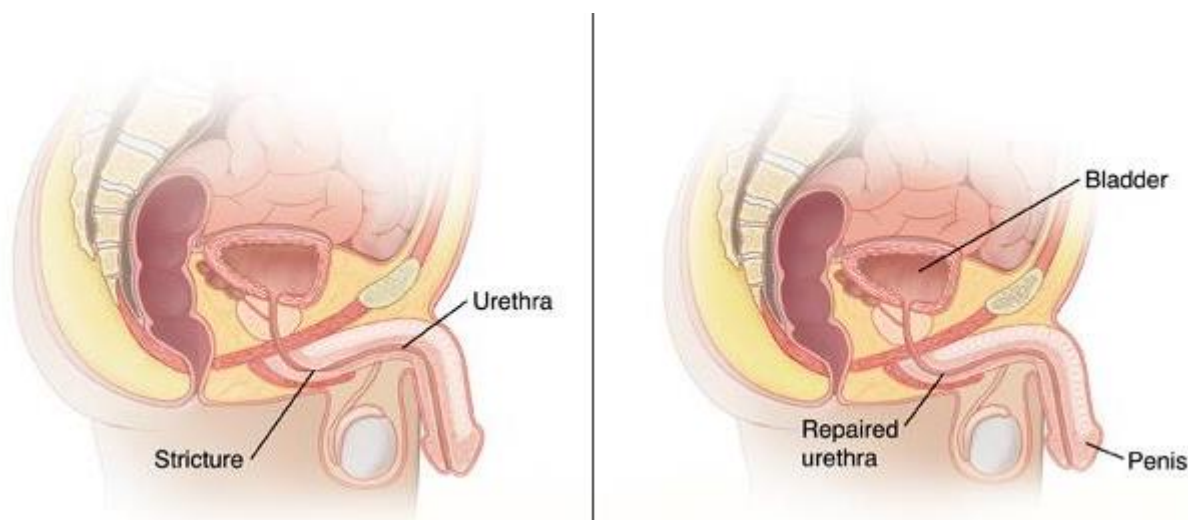
Urethroplasty with Buccal Mucosal Graft

Patient Information – Urology Service

What is a urethral stricture?

A urethral stricture involves the presence of scar tissue or tissue inflammation, which narrows the tube that carries urine out of your body (urethra). This can result in obstruction, which leads to symptoms such as poor urinary flow, retained urine, painful urination, recurrent urinary tract infections and painful ejaculation.

Some common causes of a urethral stricture are trauma, infection, injury, some surgeries or urinary catheterisation. Often there is no obvious cause.



What happens before my operation?

The surgery and outcomes will be explained to you by your surgeon before the surgery. When you feel comfortable that you understand what is to be done and have had all your questions answered, you will be asked to sign a consent form. This consent form should be signed by both yourself and your surgeon and forwarded to the hospital prior to your admission.

A blood test will need to be performed and a urine sample may need to be taken a few days prior to your surgery.

If you are over 60 years of age or have other medical conditions, you may also have an electrocardiogram (ECG) prior to surgery to check the health of your heart.

You will be advised when to stop eating and drinking before surgery. This includes water and chewing gum. You can swallow tablets with a small sip of water.

You should bring your own medications with you to hospital.

It is important to avoid constipation. Try to establish and maintain a regular, soft bowel habit leading up to your surgery. Identify the foods that can help you maintain a regular bowel habit for your post-op period.

Please inform your surgeon if you are taking anti-coagulant (blood thinning) medication (e.g. warfarin, clopidogrel, dabigatran, rivaroxaban or ticagrelor), or any medication for diabetes. Your surgeon will advise when to stop and restart these medications. If you are taking aspirin, it is okay to continue taking this.

What happens on the day of my operation?

You will go to Christchurch Hospital on the day of your surgery. Be aware that this is not a day surgery. On arrival, the staff will guide you through what is required prior to your surgery.

You will have a clean hospital gown and protective stocking fitted.

An IV (intravenous) line will be placed in a vein in your arm or hand that will be used to supply fluids or medications during the surgery.

You may be given a medication to prevent blood clots.

You will be encouraged to commence deep breathing and coughing exercises pre-operatively. This prevents any breathing complications or chest infection from occurring, following the surgery and anaesthetic.

This operation is performed under general anaesthesia. The anaesthetist will see you before the surgery. A tube may be inserted into your throat to help you breathe while you are in a sleep-like state.

Just prior to your surgery, you may be given a pre-medication tablet to relax you.

What happens during my operation?

Urethroplasty is a general term meaning open repair of the urethra. If the stricture is lengthy, other tissues need to be used to reconstruct the urethra. This is called buccal mucosa graft.

Most urethroplasty procedures are performed through the perineum, the region between the scrotum and the anus. Some are performed via an incision on the penis itself. It depends on the exact site of the stricture.

The stricture is opened, and the urethra is fixed with tissue taken from the inside of your cheek (buccal mucosal). The skin incisions are closed with stitches and a urinary catheter (fine tube) is inserted into the bladder to drain urine until the healing has been completed.

What to expect after my operation?

You will stay in hospital for one night. As soon as you are able, you will get up and walk.

You will be instructed on coughing and breathing methods to help keep your lungs clear and to help prevent pneumonia.

The catheter will stay in place for approximately two weeks. Your nurse will show you how to look after this at home.

You will be given pain medication in hospital and to take home as required.

The stitches will dissolve and do not need to be removed.

You will be able to eat a soft diet following surgery, then progress onto a normal diet. You are advised not to eat or drink anything either very hot or very cold.

You will be asked return to hospital for a scan to make sure there are no leaks prior to your catheter being removed.

You may notice some scrotal swelling and/or bruising. Supportive underwear is recommended.

What to expect after discharge?

You should avoid any heavy lifting, bike/motorbike riding, horse riding, and heavy exertion for two to four weeks.

All procedures have a potential for side effects. You should be reassured that, although these complications are well-recognised, the majority of patients do not suffer any problems after a urological procedure.

Please contact your GP immediately or visit the Emergency Department at Christchurch or Ashburton Hospital if the swelling becomes severe, there is increased redness or tenderness around the incision site, the catheter is not draining, or if you develop a fever or worsening pain.

Follow-up

You will receive an appointment in the mail to attend the Urology Outpatient clinic. This is usually about six weeks following your surgery. A letter will also be sent to your own doctor about your operation.

Contact information

If you have any concerns or questions regarding this procedure, please contact the Urology Unit at Christchurch Hospital, on (03) 364 4307.

For more information about:

- Hospital and specialist services, go to www.cdhb.health.nz
- Your health and medication, go to www.healthinfo.org.nz

For information on parking, how to get to the hospital, and visiting hours, please visit www.cdhb.health.nz