

Urethrotomy

What is a urethrotomy?

Urethrotomy is an incision of the urethra for relief of urethral narrowing. This procedure is usually performed after you have had a urethral dilatation with temporary relief.

How is this procedure performed?

Using a special instrument there is an incision made on the inside of the urethra (the tube that drains your bladder) to permanently widen your urethra. This will improve your voiding function and your ability to empty your bladder more efficiently. This procedure can be performed under a light general or local anaesthetic. Any concerns or issues concerning your anaesthetic must be discussed with your anaesthetist. The procedure takes approximately 10 minutes.

How long do I need to stay in hospital?

You will be admitted as an overnight stay as you will return from theatre with a urinary catheter in place. The catheter is to keep the urethra dilated and promote healing around the catheter. Prior to your discharge your catheter will be removed and you will need to do a trial of void. The nursing staff will give you a separate patient handout that will fully explain trial of void. Once you have passed your trial of void you will be seen by the doctor and you will be discharged home.

What to Expect After Surgery

You may experience for up to 72 hours:

- Urinary frequency
- Dysuria – burning or stinging when you pass urine
- Haematuria – slightly blood stained urine

If these symptoms persist notify your doctor

Remember to empty your bladder efficiently you must, sit comfortably on the toilet, feet flat and lean forwards.

Drink adequate fluids, 6-8 glasses per day. Take ural if required.

Contact your local doctor or the hospital if:

- You cannot pass urine
- You have severe pain or bleeding
- You develop a temperature
- You have an unusual discharge

Before you are discharged you will be given a follow up appointment in the clinic for 6-8 weeks.