

## Urethrotomy

A urethrotomy is an operation usually performed under direct vision using a telescope passed down the water-pipe or urethra and therefore is often known as an optical or visual urethrotomy.

The procedure itself is performed under a general anaesthetic (i.e. with you asleep) and involves the cutting open of a tight narrowing or scarring of the water-pipe known as a (urethral) stricture.

This scar tissue may occur for several reasons such as previous surgery, untreated infection, or trauma/damage to the penis. In some people this stricture can impede the urine resulting in bothersome urinary symptoms and a greater likelihood of repeated urinary tract infections.

A catheter (tube into the bladder) is then inserted into the urethra for a few days to drain the bladder of urine whilst the cut area may start healing.

As discussed with your surgeon beforehand, there is a reasonable risk that this procedure may need to be repeated at a future date. After a urethrotomy most patients have an uneventful recovery but usually have to stay in hospital overnight. It is important that you do not drive a car, drink alcohol or handle machinery for 24 hours following the general anaesthetic / sedation. You should arrange for someone to collect you from hospital.

You should drink plenty of fluids following your operation (approximately 2 litres/4 pints per 24 hours). Arrangements will be made to re-attend the hospital for removal of your catheter and for about 72 hours, you may pass urine frequently, experience a mild burning sensation on passing urine, and/or see a little blood in the urine. Continue drinking plenty of water and rest as much as possible.

If these uncomfortable symptoms persist or indeed worsen and you notice that your urine is cloudy and/or has an offensive smell, please contact your GP so that a urinary infection may be ruled out. If you were discharged from hospital with antibiotics, it is important that you complete the course as instructed.