

Urethrotomy

What Is A Urethrotomy?

A urethrotomy is a surgical procedure performed to treat urethral strictures, which are narrowings of the urethra that obstruct the flow of urine. This condition can lead to significant discomfort and urinary problems. During a urethrotomy, a specialised instrument called a urethrotome is used to make an incision in the urethra, widening the narrowed section to restore normal urine flow.

Why Is A Urethrotomy Performed?

Urethrotomy is primarily performed to address urethral strictures. These strictures can develop due to various reasons, such as injury, infection, inflammation, or previous surgeries. Symptoms of urethral strictures include:

- Difficulty in urination.
- Pain during urination.
- Weak or reduced urinary stream.
- Frequent urinary tract infections.
- Incomplete emptying of the bladder.
- By relieving the narrowing, a urethrotomy helps alleviate these symptoms, improving urinary function and quality of life.

How To Prepare For Your Treatment

Preparation for a urethrotomy involves several important steps:

- **Consultation:** Discuss the procedure thoroughly with your urologist. Understand the risks, benefits, and any alternative treatments.
- **Medical history:** Provide a complete medical history, including details of any medications, supplements, or existing health conditions. #
- **Pre-operative instructions:** Follow any specific instructions given by your healthcare provider. This may include fasting for a certain period before the procedure.
- **Transportation:** Arrange for someone to drive you home post-procedure, as the effects of anaesthesia can impair your ability to drive safely.

How Long Does The Treatment Process Take?

The actual urethrotomy procedure usually takes about 30 to 60 minutes. However, the total time spent at the medical facility will be longer due to pre-operative preparations and post-operative recovery. You will need to

arrive early for pre-operative assessments and stay for a while after the procedure for observation.

What Happens After Treatment?

After a urethrotomy, several steps are crucial for a successful recovery:

- **Recovery period:** You may experience some discomfort or mild pain, for which pain relief medication will be prescribed. Rest for a few days is recommended.
- **Follow-up appointments:** Regular follow-up visits will be scheduled to monitor your recovery and check for any complications.
- **Catheter use:** A catheter may be temporarily placed to aid in urination while your urethra heals.
- **Activity restrictions:** Avoid strenuous activities, heavy lifting, and sexual intercourse for a few weeks as advised by your doctor.
- **Hydration:** Drink plenty of fluids to help flush the urinary system and promote healing.

Urethrotomy is a critical procedure for treating urethral strictures, a condition that can significantly impact urinary function. With proper preparation and post-operative care, patients can expect to regain normal urinary function and see an improvement in their overall quality of life.