

Joseph V. Candela, MD
Vijay Goli, MD, FACS
Victor E. Grigoriev, MD, FACS
Steven B. Kurtz, MD

William B. Steinkohl, MD, FACS
O. Alex Lesani, MD
William R. Wise, MD
Jeffrey M. Zapinsky, MD, FACS



Diplomates of the
American Board of Urology

POST OPERATIVE INSTRUCTIONS FOR PROSTATECTOMY SURGERY

IMPORTANT PLEASE READ COMPLETELY

Catheter Care: Your catheter is very important to allow healing of the bladder and the urethra. You may use either leg bags or external bags. Drain urine from the bag as it fills up. The tip of the penis may get sore from the catheter rubbing. Use plain soap and water to wash this area daily or more often as needed.

Diet: You may return to your normal diet immediately. Because of the raw surface in the bladder from the surgery, alcohol, spicy foods, and drinks that contain caffeine may cause some irritation or sense of the need to urinate despite that fact that the catheter is emptying the bladder. However, if these foods do not bother you there is no reason to avoid them in moderation. More importantly is to keep your urine flowing freely, drink plenty of fluids during the day (8-10 glasses). The type of fluids (except alcohol) is not as important as the amount. Water is the best fluid, but juices, coffee, tea, and soda are all acceptable. Food rich in protein will aid in wound healing. Fluid, fiber, and fruits in your diet will help prevent constipation. Follow dietitian recommendations if instructed.

Activity: Your physical activity is to be restricted, especially during the first two weeks. During this time: **NO heavy lifting** (anything greater than 10 lbs.), **NO driving** a car and limit long car rides, and **NO strenuous exercise**, limit stair climbing to minimum.

Bowels: The rectum and the prostate are next to each other and any large stools that require straining can cause bleeding. A bowel movement every other day is reasonable. Use a mild oral laxative if needed and call if you are having problems. (Milk of Magnesia 2-3 tablespoons or 2 Dulcolax tablets as example)

Medications: You should resume your medication unless told not to. You may be discharged with Iron tablets to build up your blood count and stool softeners to keep the stool soft. Pain pills (Percocet, Lortab, or Darvocet N-100) may also be given to help with wound and catheter discomfort.

Problems to call about:

1. **CALL IMMEDIATELY IF THE CATHETER FALLS OUT OR STOPS DRAINING.**
2. Any increase in redness or swelling in the incisional area.

NORTHWEST

7500 Smoke Ranch
#200 - Las Vegas, NV 89128
TELEPHONE: (702) 233-0727

SOUTHWEST

7150 W. Sunset Rd.
#201A - Las Vegas, NV 89113
FAX: (702) 233-4799

POST-OPERATIVE INSTRUCTIONS (cont.)

3. If any chills, fever, nausea, vomiting, diarrhea, or abdominal distention
4. Pain not controlled by pain medications or rest.
5. Drug reactions (hives, rash, nausea, vomiting, or diarrhea)
6. Bleeding from incision.

Follow up: You will need a follow up appointment to monitor your progress. Someone from our staff will contact you within 24 hours after you have been discharged from the hospital. If you haven't been contacted in this time frame, please contact our office as soon as possible to schedule your follow up appointment. You may not have good bladder control at first after the catheter is removed. Please bring to your appointment a small supply of adult diapers (Depends) to protect your clothing from getting wet. These can be purchased at any drug store.

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