

INSTRUCTIONS: POST RADICAL PROSTATECTOMY

DIET:

- It is okay to eat or drink what ever you want.
- We encourage you to increase your fluid intake.

ACTIVITY:

- Do not lift anything heavier than 10 lbs. for one month.
- It is okay to shower after discharge from the hospital. Dry the area thoroughly. No bathing.
- It is okay to climb stairs when discharged from the hospital.
- Walking is good exercise and it improves the circulation. Do not over do it! Go easy at first and slowly increase the distance as you feel better.
- Avoid any heavy lifting or strenuous exercise for at least six weeks to give the incision time to heal.

DRIVING:

No driving until seen in the office and the catheter is removed.

PAIN MEDICATION:

You will be given medications to take home when discharged from the hospital. As your activity increases, you may experience soreness around the incision. This is normal.

ANTIBIOTICS:

You will be given antibiotics to take at home when discharged from the hospital. Please make sure you take all of your antibiotics.

INCISION SITE:

Observe the incision daily. Some redness and drainage at the incision site is normal. If you notice any increased redness, increased tenderness, purulent (pus like) drainage from the incision, and/or develop fever and chills, please call the office.

FOLEY CATHETER: (Tube in penis which drains your urine.)

This tube will remain in for about two weeks post surgical procedure. It is normal to feel some pressure and discomfort from the catheter. You may also experience some leaking around the catheter; this is normal. Always make sure that the tubes are not kinked so the urine can flow freely. If the catheter is not draining well or if leakage is excessive around the catheter, please call the office.

BOWELS:

One should avoid straining during a bowel movement. You may be given a stool

softener to promote regular bowel movements. Milk of Magnesia 30 cc is recommended if your stools are hard.

DO NOT USE AN ENEMA FOR AT LEAST SIX WEEKS AFTER SURGERY.

FOLLOW-UP:

Our office staff will call you to make an appointment in our office for catheter and staple/suture removal about two weeks after the surgery. You will see the nurse and physicians at this visit.