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POST-OPERATIVE RADICAL PROSTATECTOMY INSTRUCTIONS

1. What do I expect after surgery?

- a. You will be discharged from the hospital 1-3 days after your surgery is completed if all is going well.
- b. At the time of discharge, you will go home with a foley catheter. Prior to your discharge, the nurse should have instructed you on the use of a leg bag and bedside bag.
- c. You may shower with the catheter in place and connected to the drainage bag
- d. It is normal to have some blood-tinged drainage around your catheter or leak around your catheter with bowel movements
- e. After your catheter has been removed:
 - i. It is normal to experience leakage of urine with activity for several weeks after catheter removal. This should gradually improve over time.
 - ii. You will need to bring a protective garment to wear home after your catheter is removed (Depend, Poise for Men, etc.)
 - iii. You will be instructed on pelvic floor muscle strengthening exercises.

2. What activities may I perform after surgery?

- a. You should not drive a car until your catheter has been removed.
- b. You should not drive until you are off pain medication.
- c. Do not take a tub bath until the catheter is removed, but you may shower.
- d. Do not lift anything over 10 pounds for at least 4 weeks.
- e. You may ride in a car, go up stairs at home, and take short walks.
- f. Do not engage in any vigorous physical activity.

3. Call your physician (985-380-4833) if any of the following occur:

- a. You experience high fever or severe pain.
- b. You have a reaction to any of your prescriptions.
- c. You think you may have a problem.

4. Make sure you have a follow-up appointment scheduled in the office 7-10 days after your procedure to remove your staples. At that time arrangements will be made to have your catheter removed.