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POST RADICAL PROSTATECTOMY SURGERY INSTRUCTIONS

CATHETER CARE: Your catheter is very important to allow healing of the bladder and the urethra. You may use with leg bags or a bedside bag. Drain the urine from the bag before it gets too full. The tip of the penis may get sore from the catheter rubbing. Use plain soap and water to wash this area daily or more frequently 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, acidic foods and drinks with caffeine may cause irritation or the sense of the need to void despite the fact that the catheter is emptying the bladder. However, if these foods don't bother you, there is no reason to avoid them in moderation. Most important is to keep your urine flowing freely, so drink plenty of fluids during the day (8-10 glasses). The types of fluids (except alcohol) is not as important as the amount. Water is best, but juices, decaf coffee, tea and soda are all acceptable in moderation. 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 home. During this time use the following guidelines:

- a. No lifting heavy objects (anything greater than 10 lbs).
- b. No driving a car and limit long car rides.
- c. No strenuous exercise, limit stair climbing to a minimum.
- d. If you work, please ask our office what restrictions you have and when you can return to work.

BOWELS: The rectum and the prostate are next to each other and any very large and hard stools that require straining can cause bleeding. You will be given stool softeners (usually) but these are not laxatives. A bowel movement every other day is reasonable. Use a mild laxative if needed, such as Milk of Magnesia 2-3 tablespoons, or 2 Dulcolax tablets. Call if you continue to have problems.

MEDICATION: You should resume your pre-surgery medications 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. You may take Motrin or Tylenol for pain. These medications do not contain narcotics and are tolerated better.

HYGIENE: You may shower or bathe as soon as you get home.

PROBLEMS YOU SHOULD REPORT TO US:

- a. CALL IMMEDIATELY IF THE CATHETER FALLS OUT OR STOPS DRAINING.
- b. Any increase in redness or swelling in the incision area.
- c. If feeling chilled or feverish, take your temperature and call the office if over 100.5 degrees.
- d. Nausea, vomiting, or abdominal distention.
- e. Persistent constipation, diarrhea, or blood in the stool.

- f. Pain not relieved by pain medication and rest.
- g. Difficulty, frequency, or burning with urination.
- h. Shortness of breath, cough, or chest congestion/ pain.
- i. Drug reactions (Hives, rash, nausea, vomiting, diarrhea).
- j. Bleeding from incision.

FOLLOW-UP: You will need a follow-up appointment to monitor your progress. If you weren't given one when we scheduled the surgery, please call for this appointment at the number above when you get home. Your staples will be removed about 10 days after surgery. Your catheter will be removed about 3 weeks after surgery. Most people will not have good urinary control at first. Come to the office with a small supply of adult incontinence pads (Attends or Depends) that can be purchased at any drug store.