



## **METRO**UROLOGY

### **AFTER RADICAL PROSTATECTOMY SURGERY INSTRUCTIONS**

#### **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 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 often as needed. An antibiotic ointment, such as Bacitracin or Triple Antibiotic Ointment, should be applied to the tip of the penis a few times per day as needed. It is normal to have some spotting of blood around the catheter.

#### **DIET**

You may return to your normal diet immediately. Alcohol, spicy foods and drinks with caffeine may cause some irritation or 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. Drink plenty of fluids during the day (8 – 10 glasses) until the catheter is removed. Water is best. 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 at home. During this time use the following guidelines:

1. No lifting heavy objects (anything greater than 20 lbs).
2. No driving a car and limit long car rides.
3. No strenuous exercise. Limit stair climbing to a minimum.

#### **BOWELS**

The rectum and the prostate are next to each other and any very large and hard stools that require straining can cause bleeding. A bowel movement every other day is reasonable. Do not strain during bowel movements. Use a mild laxative if needed (Milk of Magnesia 2 – 3 tablespoons, or 2 Dulcolax tablets) and call if you are having problems. You may experience some leakage around the catheter during bowel movements.

## MEDICATION

You should resume your pre-surgery medications unless told not to. Do NOT take any aspirin products the first two weeks. You may be discharged with iron tablets to build up your blood count and stool softeners to keep the stool soft. Pain pills (Tylox or Tylenol with Codeine) may also be given to help with wound and catheter discomfort. Tylenol (acetaminophen), which has no narcotics, is better if the pain is not too bad and you can tolerate this medication. Do not drink any alcoholic beverages while taking prescription pain medications.

You should use your antibiotic as directed unless it causes stomach upset, rash or fever.

## HYGIENE

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

## PROBLEMS YOU SHOULD REPORT TO US

**CALL IMMEDIATELY (DAY OR NIGHT) IF ANY OF THE FOLLOWING OCCUR:**

1. IF THE CATHETER FALLS OUT OR STOPS DRAINING.
2. If feeling chilled or feverish, take temperature and report if over 101.0 degrees.

**OTHER PROBLEMS THAT MAY OCCUR INCLUDE BUT ARE NOT LIMITED TO:**

1. Persistent constipation, diarrhea or blood in stool; nausea and vomiting.
2. Pain not relieved by pain medication and rest. Some abdominal discomfort is expected following surgery. Drinking plenty of fluids and walking will help to alleviate this discomfort.
3. Increasing difficulty with urination after the catheter has been removed.
4. Drug reactions (hives, rash, nausea, vomiting, diarrhea).
5. Bleeding, swelling, redness, excessive tenderness, foul smelling drainage from the incision or separation of the skin closure.

## FOLLOW UP

You will need a follow up appointment to monitor your progress. Call for this appointment when you get home if this has not already been scheduled for you. The first appointment will typically be 7 – 14 days after your surgery. **Come to the office with a small supply of diapers (Depends or newborn diapers) that can be purchased at any drug store.**