

AFTER RADICAL PROSTATECTOMY: INSTRUCTIONS

CATHETER:

(ONLY YOUR SURGEON OR LAWRENCE UROLOGY NURSE MAY REMOVE THIS!!!)

This needs to be in place for 7-14 days (depending on the individual patient) to allow proper healing. You will receive complete instruction on catheter care while in the hospital. Use the leg bag while up and around, during the day; use the large bag at night. Keep the catheter clean with soap and warm water or with hydrogen peroxide. Use the ointment (bacitracin, or Neosporin) a few times daily to reduce the irritation to the penis. Try to keep the catheter secured to the thigh so that any inadvertent tension is transferred to the thigh instead of the catheter.

****NOTE:** blood and/or urine may come out around the catheter – especially when the bowels move. This is natural and nothing to worry about. There may also be blood in the urine, or even small blood clots.

ACTIVITY:

As long as the catheter is in, there should not be any lifting over 20 pounds and no vigorous activity. Walking is highly encouraged – mainly around the house at first, but then gradually more and more. No driving for 4-5 days, and then not until you are off pain medication (other than over-the-counter meds).

DIET:

The main dietary consideration is to try to avoid becoming constipated after surgery. Eat accordingly, with at least some foods containing good amounts of fiber. You will receive stool softeners while in the hospital; please continue these at home until things are regular again. If you do become constipated, the best next step is to try an enema or a suppository such as Dulcolax. If that does not work, please call the office.

WOUND CARE:

Once the dressing is removed (on the first or second day), the wound does not need to be covered. It is okay to shower, but don't scrub the wound – just let water run over it and then pat it dry.

Swelling and bruising of the penis and scrotum are very common, so don't be alarmed.

REASONS TO CALL:

- Redness of or drainage from the wound
- Fever over 101 F
- If the catheter stops draining, especially if there is a lot of blood in the urine
- If the catheter comes out
- Other questions or concerns not covered here. It is always better to call if you aren't sure or are uncomfortable with something!