

# Prostatectomy (Prostate Surgery)

## After Visit Summary

This is general information. Please see your After Visit Summary for how to take care of yourself after surgery.

Your health care team will work with you to understand any challenges you have after your hospital stay. This will help your team work toward a plan to make sure you have the right care and support to help manage your health after you leave the hospital.

## Your Surgery

This surgery is to remove your prostate, a walnut-sized gland located below your bladder.

## Before the Surgery

- Tell your health care provider if you:
  - have a latex allergy
  - have diabetes
  - take a blood-thinner medicine.
- Remove any jewelry or piercings.

## Your Incision

- Steri-Strips® (paper-like tape) may have been placed on your incision. They can get wet in the shower. You may peel them off after 7 days.
- Follow any directions your health care provider gives you.

## Catheter Care

- Follow any directions your health care provider gives you.

## What To Expect After Surgery

- Your incision may have a small amount of drainage, which should stop within a few weeks.
- You will probably have some discomfort.
- You will have some blood in your urine for 2 to 4 weeks after surgery.
- After your catheter is removed, you may have some urine leaking. This is normal. It may take 3 to 6 months for this to improve.

You may want to wear an incontinence pad until the leakage is gone. To help regain continence, practice these exercises:

- After your catheter is removed, your doctor will tell you to do Kegel exercises. While standing, tighten your pelvic floor muscle, count to 10 and relax. Repeat this five or more times an hour for several days.
- When you urinate, stop and restart your urinary stream many times a day.
- Attempt to increase the amount of time between each urination by holding your urine. Don't wait longer than 4 hours to urinate.

## Pain Relief

- Take any prescription or over-the-counter medicine as directed.
- Follow your health care provider's directions for using ice.

## Activity

- Your health care provider will tell you when it's OK for you to shower, drive, return to work, exercise, lift, and have sex.
- Alternate rest and activity.
- Do not sit for more than 2 hours at a time.
- Avoid smoking.

## Food and Beverages

- Eat well-balanced meals. Follow any instructions your health care provider gave you.
- Drink at least 8 to 10 glasses of water each day. Follow any directions your health care provider gives you.
- Avoid alcohol while you are taking prescription pain medicine.

## Bowel Movements

- Take laxatives as prescribed by your health care provider.
- Do not use enemas or suppositories without your doctor's approval.

## When To Call Your Health Care Provider

Call your health care provider if you have:

- a temperature of 101 F or higher
- problems urinating
- bright red urine with clots
- increased pain or tenderness that can't be relieved with rest or pain medicine
- signs of infection at your incision site:
  - pain
  - swelling
  - redness
  - odor
  - warmth
  - green or yellow discharge
- new pain or pain you can't control
- pain when you walk
- any questions or concerns.

## Follow-up Appointment

Please keep all follow-up appointments with your health care provider or specialist, even if you are feeling well.