

# Robotic-assisted Surgery: What You Need To Know

## Robotic-assisted Surgery

A robotic-assisted surgery uses a special device (a robot) to help your surgeon perform surgery.

During the surgery, your surgeon looks through a camera to see a 3-D, up-close image of the surgery site. He or she uses a special computer to control the surgical instruments with robotic arms.

The surgery instruments can move in ways a human hand cannot, making it possible to do the surgery through smaller incisions.

## Types of Robotic-assisted Surgery

Robotic-assisted surgery is most commonly used to treat problems affecting the:

- head and neck
- prostate
- kidney
- heart
- bladder
- uterus.

Robotic-assisted surgery can also be used for joint replacements such as hip or knee.

## Benefits of Robotic-assisted Surgery

The benefits of robotic-assisted surgery may include:

- smaller incisions and scars
- less chance of infection
- shorter hospital stay
- shorter recovery time
- return to normal activities faster.

## What to Expect After Your Surgery

Your complete recovery may take time and varies from person to person.

## Food and Liquid Directions Before Your Procedure

These directions are based on your scheduled arrival time. Not following these directions could mean your procedure will be delayed or canceled.

### Alcohol and tobacco: 24 hours

- Do not drink any alcohol 24 hours before your scheduled arrival time.
- Do not smoke, vape, use chewing tobacco or use any other tobacco products up to 24 hours before your scheduled arrival time.

**(over)**

## Regular foods: 8 hours

- Eat your regular foods up to 8 hours before your scheduled arrival time.

## Light solid foods: 6 hours

- You may eat light solid foods up to 6 hours before your scheduled arrival time.  
A light meal is:
  - juice or coffee with milk or cream
  - 1 piece of toast **or** 1 bowl of oatmeal or hot cereal.
- Do not eat any nuts or nut butters.
- Do not eat foods that are heavy or high in fat such as meat or fried foods.

## Clear liquids: 2 hours

- Drink only clear liquids up to 2 hours before your scheduled arrival time.
  - Drink water, fruit juice without pulp, black coffee, clear pop or tea.
  - Do not have milk, yogurt or energy drinks.

## Medicines

- Take your medicines as directed with a small sip of water.

## Guidelines for babies

- **6 hours** before the scheduled arrival time
  - you may give formula.
- **4 hours** before the scheduled arrival time
  - you may give breastmilk.

## Before Your Surgery

- Arrange to have someone drive you home. You will not be able to drive after the surgery.
- Check with your doctor if you are taking blood-thinning medicines (aspirin, Jantoven®, Plavix® or Ticlid®). You may need to stop taking them before surgery. Your doctor will tell you how long to be off these medicines.
- Tell your health care provider if you:
  - are pregnant
  - have a latex allergy
  - have diabetes
  - are taking any prescription and over-the-counter medicines, herbals and/or vitamins.
- Remove any jewelry or piercings.

## Side Effects

The following side effects are normal and should not cause you worry:

- aches and pains around the incision site
- slight oozing of blood or watery material from the incision site
- bruising on your abdomen.

## Pain Relief

Take any prescription or over-the-counter medicine as directed.

## Activity

- Your health care provider will tell you when it's OK for you to shower, drive, return to work, exercise and have sex.
- Slowly return to your regular level of activity.
- Follow your health care provider's directions for how much you can safely lift.
- Rest as needed.
- Do not smoke.

## Incision Care

- Steri-Strips® (paper-like tape) may have been placed on your incision. You may peel them off after 7 days.
- Follow any directions your health care provider gives you.
- If your wound has staples, follow your health care provider's directions.
- Do not use lotions, creams, ointments, gels or powders on your incision site.

## Food and Beverages

- Eat well-balanced meals. Follow any instructions your health care provider gave you.
- Do not drink alcohol while you are taking prescription pain medicine.

## When To Call Your Health Care Provider

Call your health care provider if you:

- have a temperature of 101 F or higher
- have new pain or pain you cannot control
- have bleeding that gets worse
- have problems having a bowel movement
- have signs of infection at your incision site:
  - pain
  - swelling
  - redness
  - odor
  - warmth
  - green or yellow discharge
- are unable to get out of bed
- have nausea (upset stomach), bloating or vomiting (throwing up) that will not stop
- have 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.