

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, Coumadin®, 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.