EDUCATION

Radical Retropubic Prostatectomy

Prostate Surgery

Allina Health

Radical Retropubic Prostatectomy

The following general information will give you an idea of what to expect following your surgery. Your personal needs will determine the care you receive and how long you stay in the hospital.

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.

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.

Day of Surgery

Before surgery

Activity

- You may be up as desired.

Medicines

- You will receive medicines during surgery that will cause your mouth to feel dry.
- You will also receive an antibiotic.

Treatments

- You will have an intravenous line (IV) put into your arm or hand.
- Nursing staff will check your vital signs. Vital signs are blood pressure, heart rate, temperature and respirations (breathing rate).

Other information

- You will practice deep breathing and coughing, and learn how to use an incentive spirometer (IS).
- You will be asked to rate your pain on a scale of zero to 10. This is to measure how well your pain medicine is working.

During Surgery

- You will receive medicine to make you "sleep."
- You will have a catheter placed in your bladder. It will be in place when you leave the hospital.
- The surgeon will make an incision in your abdomen. He or she may place a drain (tube) near the incision.
- Surgical staples are usually used to close the incision.
- The incision and drain will be covered with a dressing (bandage) when the surgery is done.

After Surgery

Activity

- You will sit at the edge of the bed or walk with help this evening.
- You may take a partial sponge bath at bedtime.

Diet

- You will receive fluids through your IV until you can drink enough liquids.
- You may have ice chips, sips of clear liquids or a diet ordered by your surgeon in the evening, if you are fully awake.

Medicines

- You should be comfortable after surgery. Your nurse will ask you to rate your pain. Medicines will be available as you need them.
- If you feel sick to your stomach, tell your nurse. Medicines will be available for this.

- You will continue to receive antibiotics.
- Your doctor may order your usual medicines for you, except aspirin. You may receive some medicines through the IV.

Treatments

- Your urine will collect in a large collection bag. Nursing staff will empty it at least three times a day.
- Collection bags are kept below bladder level to avoid backing up.
- Your urine may be bloody; this is normal during the early part of your recovery. Clots may develop in your bladder and cause your catheter to clog. Call a nurse if your bladder feels full, or if no urine comes through the tube. You will learn how to care for the catheter and bags.
- A staff member will do catheter care and teach you how to:
  - wash the area where the catheter enters your body
  - wipe away from your body
  - apply antibiotic ointment to the tip of your penis.
- A nurse will check your abdomen, incision, drain and dressing.
- Nursing staff will check your vital signs often.
- You will be reminded to take deep breaths, cough and use the IS every 2 hours while awake, and at least once at night.
- You will wear support, compression stockings or both today.

Other information

- There is a team of social workers on staff to help you with your care needs after you are discharged from the hospital. Please tell a nurse if you would like to see a social worker.

First Day After Surgery

Activity

- You will have help to walk at least 4 times today.
- You may sit up in a chair as tolerated.
- You may take a sponge bath.

Diet

- You may have clear liquids or a diet as ordered by your surgeon.

Medicines

- Medicines for pain and nausea are available. Ask for them as needed for comfort.
- Do not take aspirin unless your surgeon orders it.
- You will receive antibiotics today.

Treatments

- Your urine may be bloody. This is normal during the early part of your recovery. Clots may develop in your bladder and might clog the catheter. Call a nurse if your bladder feels full, or if no urine comes through your tube.

- The surgeon will decide when it is time to remove the drain in your abdomen. The catheter in your bladder will stay in place.
- The dressing over your incision will be removed. The dressing around the drain will be changed.
- Nursing staff will check your vital signs.
- You will be reminded to take deep breaths, cough and use the incentive spirometer every 2 hours while awake, and at least once at night.
- Your IV can be removed when you can tolerate liquids by mouth and as directed by your surgeon.
- Blood will be drawn and sent to the lab this morning.
- Wear your support stockings until you go home. The compression stockings will be removed when you are up and about.
- The surgeon will remove the staples and catheter during your follow-up visit.

Other information

- A social worker is available to help you plan for your care needs after discharge.
- You will have a small collection bag (a leg bag) for daytime use. The large collection bag is for nighttime use. Your nurse will teach you how to care for this equipment. You will take a leg bag and large collection bag home.
- Your nurse will give you a copy of the "Radical Retropubic Prostatectomy Discharge Instructions" and a copy of the "Indwelling Foley Catheter Care Instructions."

Second Day After Surgery

Activity

- You will walk five or six times today and sit in a chair as tolerated.
- You may take a sponge bath or shower.

Diet

- You may follow your usual diet once you tolerate liquids.
- Drink plenty of liquids.

Medicines

- Ask for pain pills as needed for comfort.
- You will receive oral antibiotics today.

Treatments

- Once the IV is out, you will take medicines by mouth.
- You will still have the catheter in your bladder.
- Your surgeon may order your drain removed when there is little or no drainage coming through it. A dressing will be placed over the area.
- Nursing staff will check your vital signs.
- You will be reminded to take deep breaths, cough and use the incentive spirometer at least 4 times today.

Other information

- You will be using the catheter and drainage bag after you leave the hospital. You, or a caregiver who will be helping you, will need to show how to care for the equipment before you go home.
- Your nurse will review with you the "Radical Retropubic Prostatectomy Discharge Instructions" and the "Indwelling Foley Catheter Care Instructions."
- A social worker is available to help you with your discharge planning.
- You will wear support stockings until you leave the hospital.

Third Day After Surgery

Activity

- You will be up and about.
- You may shower.

Diet

- You may follow your usual diet. Drink at least 2 quarts of liquids every day.

Medicines

- Take pain medicine as needed for comfort.
- You will receive prescriptions for an antibiotic and pain medicine for use after you leave the hospital.
- Take all of the antibiotics as ordered. Call your surgeon if you develop a rash or an upset stomach.

Treatments

- The catheter will be in place when you leave the hospital. It is common to have a little drainage from where the drain was.
- Use a gauze dressing (bandage) to cover this area.
- Nursing staff will check your vital signs today.
- You will wear support stockings today.

Other information

- Your nurse will review your discharge instructions with you.
- Your surgeon will also give you discharge instructions.
- Ask your nurse or surgeon questions before you leave.
- The surgeon will remove the catheter and staples at your follow-up visit.
- Take an adult diaper to your follow-up visit. It is normal to leak urine for a while after the catheter is removed. You can expect to go through 3 to 8 pads or diapers a day for a number of days.

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