



ROBOTIC AND RADICAL PROSTATECTOMY POST-OPERATIVE INSTRUCTIONS

What to Expect

- You may be discharged from the hospital with a catheter in place to drain urine from your bladder. This will usually be removed in 1-3 weeks.
- You may see some blood in your urine which is common up to 6 weeks.
- You may experience bladder spasms which can cause leaking around your catheter.
- After your catheter is removed you will most likely experience leakage of urine which should improve with time.
- You will experience fatigue and weakness for several weeks.

Activity

- Avoid strenuous exercise and heavy lifting (over 10 lbs.) for 6 weeks.
- Do not drive for 2 weeks; limit long car rides.
- Sexual intercourse can be resumed after 6 weeks.
- You may shower, but no tub baths until all tubes are removed and incision is healed.

Diet and Elimination

- Drink 8-10 glasses of fluid a day.
- Consume caffeine, alcohol, and spicy foods in moderation as they may irritate the bladder.
- Use a mild laxative or stool softener to avoid straining with bowel movements.

Call our office if:

- Your catheter comes out or quits draining.
- Fever over 101.5F
- Heavy bleeding or clots in the urine.
- Swelling of feet or legs, with or without shortness of breath.
- Increased or new redness, swelling, tenderness, or drainage from wound.
- Weakening of the urine stream or inability to urinate after the catheter has been removed.
- Severe burning or pain with urination that is not improving.