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. Most often a cystogram (x-ray) to check for leaks will be done at the hospital radiology department prior to your initial post operative visit and subsequent catheter removal.

• 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; or as long as you are on pain medication, 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.