



WHAT TO EXPECT POST YOUR ROBOTIC PROSTATECTOMY PROCEDURE.

This information explains what you may experience post your procedure and how to take care of yourself during this time.

Expect:

- Typically a patient who has undergone a radical prostatectomy using the da Vinci Surgical System can expect to leave hospital in just one to three days and return to normal activities within a week or two.
- Depending on your occupation you can expect to return to work between 1 and 4 weeks but this depends on how your recovery is going, type of work and when you are comfortable. Dr Elmes rooms can provide you with a medical certificate if required.
- You will be able to drink fluids on the first night and in most cases be able to eat food the next morning.
- You will have calf compression stockings on, which should only be taken off when showering. These should also be worn for 2 weeks after the operation even if you are at home. You will also have blood-thinning injections usually beginning the first evening after your operation. It is important to begin walking and moving your feet around in the bed ASAP.
- A catheter is placed at the time of the operation. It allows the bladder to join appropriately to the urethra. It is generally present for 7 days and is removed back in the Urology ward.
- It is normal to get some spasms / cramps from the catheter which can cause urine and/or blood clots to come out around the catheter. Do not remove the catheter under any circumstances without speaking to Dr Elmes rooms first.
- You can expect to have some incisional discomfort that may require narcotic pain medication for a few days after discharge
- You may have adhesive strips/or glue across your incisions. They will either fall off on their own or can be removed in approximately 2 weeks
- You may have some initial urinary leakage post operatively during your recovery. You are able to purchase from your local pharmacy some men's incontinence pads to protect yourself.

What to do:

- Pelvic floor exercises - After your prostate is removed your continence relies predominately on your pelvic floor, thus it is very important to strengthen this both before and after your operation. Your pelvic floor muscles are the muscles that you use to stop your urinary stream midway. Learn this pre-operatively. You should perform 3 holds of 10secs each, 3 times a day.
- Walk around and wear your stocking 2 weeks post operatively.
- You may shower at home. Your wound sites can get wet, but must be patted dry.
- If you experience spasms use oxytrol patches to settle this.

Avoid:

- Straining/strenuous activity and constipation for 6 weeks
- Refrain from driving for 1 week after your surgery

- Avoid prolong sitting, bathtubs, swimming pools, hot tubs or otherwise submerging yourself in water. Showering is fine as soon as you go home.
- Bathing on wounds, best to keep dry until healed.

Inform Dr Elmes' rooms if:

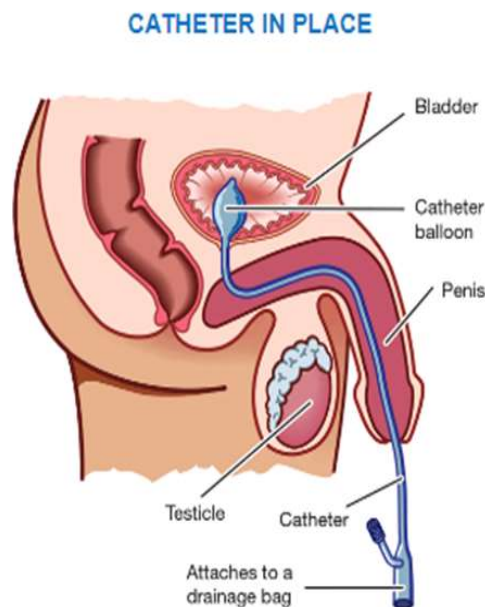
- You develop pain or fever

Post Prostatectomy Catheter Information

1. The catheter allows urine to drain out of your bladder and lets anastomosis (the join between bladder and urethra) to heal up
2. Catheter is to remain in for approximately 8 days. Your catheter will be removed at John Flynn hospital 8 days after your procedure which Dr Elmes will arrange and confirm with you post your procedure
3. You may see some blood in the catheter bag which is to be expected and also some urine leak from the penile trip around the outside of the catheter, this is also to be expected.

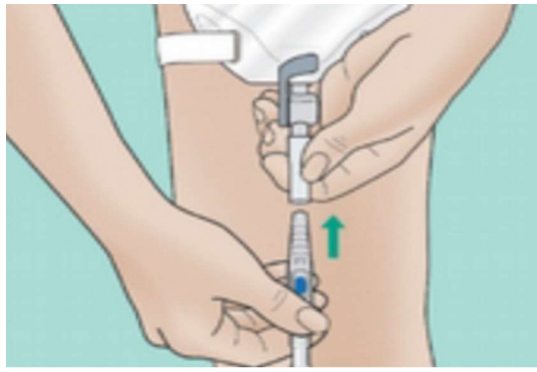
Inform us if:

- Fevers/unwell
- Severe spasms
- Catheter not draining



Connecting night bag to leg bag

- Do not disconnect leg bag from catheter
- Empty any urine in the leg bag into the toilet
- Connect overnight bag to outlet at bottom of leg bag
- Ensure outlet tap at end of leg bag is open and the outlet tap of overnight bag is closed
- When in bed the night bag must be lower than your bed to aid drainage. Ensure no kinks in tubing
- In the morning close the leg tap, disconnect and empty the night bag



Dr Elmes rooms will organise a follow up appointment with you, which is usually 1 week post operatively.