

## **DISCHARGE INSTRUCTIONS**

Center For Urology  
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### **SURGICAL PROCEDURE: Robotic Assisted Laparoscopic Radical Prostatectomy**

#### **INSTRUCTIONS:**

- 1) **No strenuous activity.**  
ie. = no exercise, heavy lifting, shoveling or sports, no grass mowing or riding a lawn mower. ----- Walking is allowed and encouraged.
- 2) **You may return to your regular diet, but eat light for the first few days.**
- 3) **Immediately after surgery you may have some abdominal bloating. For your comfort you may want to wear loose clothing like sweatpants.**
- 4) **Avoid constipation.**  
A stool softener has been prescribed (Colace). Take a laxative if necessary.
- 5) **Avoid sitting in one position for long periods of time (not more than 45 minutes).**
- 6) **Take your pain medication as needed, but realize that this medication can cause constipation. Do not drive while taking narcotic pain medication. This medication can also effect your judgment and reflexes.**
- 7) **Continue to take your routine medication unless your doctor has advised you differently.**
- 8) **Do not take aspirin or aspirin type products. If you were on Aspirin, Plavix or Coumadin prior to your surgery, ask your doctor when to re-start.**
- 9) **Take your antibiotics as prescribed beginning the day before your scheduled appointment for catheter removal.**
- 10) **Avoid driving a car or riding in a car until seen in office.**
- 11) **You may shower in 24hrs, but do not swim or sit in a tub. Also do not rub vigorously over the area where the incisions are located. No swimming pools or hot tubs.**

- 12) The urine in the catheter may vary in color from yellow to amber. If the urine becomes pink, increase the amount of fluids you are drinking and it should clear.
- 13) Do not pull on or apply traction to the tube (catheter).
- 14) You will be given a leg bag for day use and a larger bag for use at night.
- 15) The catheter will be removed in the doctors' office. When you arrive for this appointment, bring some adult diapers. For a period of time after the tube has been removed, you will be incontinent.
- 16) The incisions are closed using staples. These will be removed in the doctors office.
- 17) Call your urologist. He/She will want to see you in about 1 week.

Dr.  
Office Telephone: 336-5320 232-2980

**CALL YOUR DOCTOR:**

**If you develop fever or chills.**

**If you develop bleeding from the incision.**

**If you notice increased redness around the incision.**

**If part of the incision opens up or becomes more painful.**

**If the urine in the catheter becomes bright red or if you start passing large clots through the tube.**

**If the urinary output from the catheter stops.**

**If your drain output increases suddenly and significantly.**