

Center For Urology
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(585) 336-5320

SURGICAL PROCEDURE:

Radical Retropubic Prostatectomy with Bilateral Pelvic Lymphadenectomy

DISCHARGE INSTRUCTIONS:

- 1) No strenuous activity.
ie. = no exercise, heavy lifting, shoveling or sports, no grass mowing or riding a lawn mower. ----- Walking is allowed (slowly).
- 2) Avoid constipation.
A stool softener has been prescribed (Colace). Take a laxative if necessary.
- 3) 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.
- 4) Continue to take your routine medication unless your doctor has advised you differently.
- 5) Do not take aspirin or aspirin type products. If you were on Aspirin or Plavix or Coumadin prior to your surgery, ask your doctor when you should re-start.
- 6) Take your antibiotics as prescribed beginning the day before your scheduled catheter removal.
- 7) Avoid driving a car or riding in a car until seen in office.
- 8) You may shower, but do not sit in a tub for extended periods. Also do not rub vigorously over the incision area.
- 9) 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.
- 10) Do not pull on or apply traction to the tube (catheter).
- 11) You will be given a leg bag for day use and a larger bag for use at night.

12) 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.

13) Call your urologist. He will want to see you in about 1 week.

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.