



You'll be scheduled to see your surgeon in the office approximately 10-12 days after surgery. The morning of your appointment a cystogram (an x-ray of your bladder) will be taken to see if enough healing has occurred in order to remove the foley catheter. Please bring a pair of jocky underwear and several Depend Guards for Men pads.

Please call **423-778-5910** to make a follow-up appointment.

Contact us immediately if you experience any of the following:

- Temperature over 101°F
- Urine stops draining from your catheter into the drainage bag
- Excruciating pain not relieved by pain medication
- Large amounts of blood clots in urine
- Bladder spasms that are not relieved with pain medication

ERLANGER UROLOGY

423-778-5910

Please call us if you have any questions.

Erlanger Urology

Three Convenient Locations

Medical Mall

979 E. Third Street, Suite C-925
Chattanooga, TN 37403
PH 423-778-5910
FX 423-778-5915

Erlanger East

1755 Gunbarrel Road, Suite 209
Chattanooga, TN 37421
PH 423-778-8478
FX 423-778-8479

Two Northgate Park

2158 Northgate Park, Suite 104
Chattanooga, TN 37415
423-778-6941



Discharge Instructions for **Robotic Prostatectomy**



Diet

- Consume clear liquids such as jello, broth, or juices (no soda or carbonated beverages) until you are regularly passing gas without difficulty or until you have a good bowel movement.
- It's also important to stay well hydrated with water or Gatorade. It's encouraged that you drink 8 to 12 cups (2 Erlanger water pitchers full) a day.
- You may then resume a regular diet. Avoiding gas-producing foods, such as beans and broccoli, is still recommended.

Activity Level

- Walking can be very beneficial to your recovery. You may walk as much and climb stairs as you can tolerate.
- Do not sit in one place for long periods of time. When you do sit, you may benefit from sitting on a donut shaped pillow.



Drink 8 - 12 cups of water and other liquids, such as Gatorade, a day.

- Absolutely no biking, motorcycling or horseback riding for 4-6 weeks.
- Do not drive while taking pain medications.
- Do not lift anything over 5 pounds.

Bathing

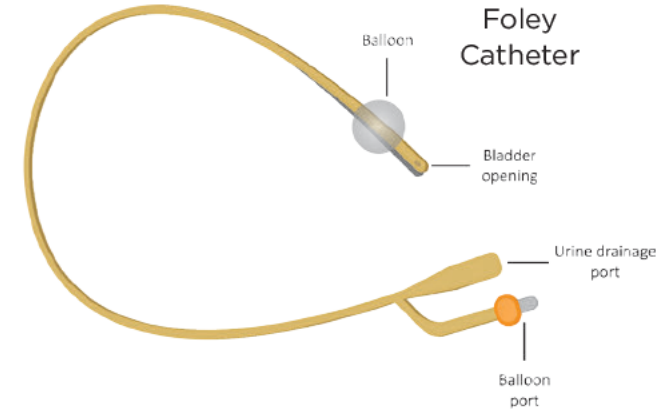
- You may shower 48 hours after surgery.
- When showering, use plain, mild soap and water. Pat your incisions dry after surgery.
- Do not soak in tubs/baths, swimming pools or soak in hot tubs for 4 weeks post-surgery.

Medications

- You may resume your daily medications as soon as you are discharged from the hospital.
- If you are taking a blood thinner like Coumadin (or other blood thinning agents) your surgeon will let you know when you may resume taking them - which is generally after the foley catheter is removed.
- A pain medication and stool softener will be prescribed and should be taken by mouth two times daily.

Wound Care

- You will have 4-5 small incisions that the surgeon performs the surgery through, which will have stitches that dissolve over a period of time.
- Keep the incisions clean and dry. Do not use ointments on your incisions.
- It is normal to have some bruising on your abdominal wall. This may develop from 1-5 days post-surgery and usually resolves in a few weeks.



Urinary Catheter

- During surgery you will have a urinary catheter - a tube carrying urine from your bladder into an external bag - placed in your bladder. This catheter will stay in place for approximately 10-12 days to aid in the initial healing process.
- You may lubricate the tip (meatus) of the penis with Vaseline to help reduce friction caused by the catheter.
- It is normal for the catheter to leak urine. It is recommended to wear pads in your underwear even with the catheter in place.
- It is normal, especially as you become more active, to have blood in your urine. If this happens, be sure to hydrate properly to flush out any clots.
- Please call the office promptly if the urine stops draining from the catheter.
- Please refer to the *Robotic Prostate Surgery* pamphlet for additional questions.