


Home Instructions

- Notify your physician if you have any of the following:
 - oral temperature above 100°.
 - any drainage, redness or swelling along the incision.
 - excessive pain in incision area.
 - diarrhea.
- Avoid heavy lifting (over 10 pounds) or straining (even for a bowel movement) for one month.
- No driving for one month.
- You may shower and climb stairs.
- You may return to your usual diet.
- No sex for three weeks.

If you have problems call your doctor immediately.

Questions

UNDERSTANDING YOUR
RADICAL RETROPUBIC
PROSTATECTOMY

 **MARQUETTE**
General Hospital
REGIONAL MEDICAL CENTER

Patient Education Program

You will be having a Radical Retropubic Prostatectomy. This surgical procedure allows the physician to remove the entire prostate gland and to examine the lymph nodes in your pelvic area for more information in planning your treatment.

During surgery the physician removes the prostate gland, prostatic urethra, and the seminal vesicles. Impotence might result due to disruption of nerves during surgery. This should be discussed with your physician.

This pamphlet was designed to help you prepare for your surgery.

Before your surgery the nurse will give you the booklet **Surgical Preparation** which will describe in more detail the general surgical routine.

Please remember **YOU ARE NOT TO EAT OR DRINK ANYTHING AFTER MIDNIGHT.**

You will be asked to remove your dentures, glasses, hairpieces, and any other removable parts.

When you have read this you will be able to:

- discuss your surgery.
- discuss your postoperative care with your nurse.
- review your discharge instructions with your nurse.

Your Surgery

The booklet **Surgical Preparation** will explain what to expect the morning of surgery. An intravenous (IV) will be started in order to provide extra fluids for your surgery. You will have an IV for a few days until you are eating and drinking well on your own.

An indwelling Foley catheter also will be inserted in the operating room. It is inserted into the passage in your penis to your bladder, and will remain in place to drain urine from your bladder.

After Surgery

When your surgery has been completed you will be taken to the recovery room. You will remain there for at least an hour until you are ready to return to your room.

At first your urine will contain blood. This will gradually disappear but urine will probably be a dark tea color when you go home.

You will also have a drain placed next to or below your incision to allow bloody looking fluid to drain from around the surgical site. Your incision will be covered with a dressing that will be changed as necessary.

You will have some pain in your abdomen from surgery. Please review the pain control portion of the **Surgical Preparation** booklet. The nurse will give you pain medication when you ask for it.

Recovery Period

You should drink at least 3 quarts of liquid a day in addition to the fluids on your tray. Even after you go home it is a good idea to drink at least 12 glasses of fluids per day. This fluid will flush out your kidneys and bladder. Try to avoid drinking large amounts of fluid in the evening.

You should wash your penis and the area around your catheter with soap and water 4 times every day. Your nurse will show you how to do this. It is important to keep yourself clean. You will wear a Foley catheter at home for a week or so. The nurses will teach you how to care for the catheter before you go home.

The urine drainage bag will be emptied and measured as needed. A record of this will be kept on a special form which also includes all the fluids you drink.

When you are walking be very sure to carry the collection bag below your waist so there will be no back flow of urine into your bladder.