

# UROLOGICAL MEDICAL GROUP OF NORTH ORANGE COUNTY

*Adult and Pediatric Urology*

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## **PATIENT DISCHARGE INSTRUCTIONS**

### **AFTER RADICAL OR SIMPLE PROSTATECTOMY**

You are being discharged home today from the hospital. The following points will help you in your postoperative care.

1. After surgery you are at increased risk for blood clots in the legs or the lungs. To reduce risk, you should go for short walks and when you are lying in bed, move your ankles back and forth to get the blood pumping. If you have any swelling in your legs, pain in your legs, shortness of breath, or chest pains, immediately call your urologist.
2. Keep your Foley catheter urinary bag below the level of your bladder. The best way to do this is to wear a pair of sweat pants, putting the bag down at the ankle level and coiling the tubing inside the pant leg. When you are sitting or standing, the bag will be by your ankle. When you lie down, pull the bag out and hang it off the side of the bed so it remains below the level of your bladder. Empty the bag frequently.
3. Don't be alarmed if there is some blood in the catheter tubing or bag. This is from the catheter rubbing on the inside of the bladder. If you see blood, cut back your activity and increase your fluid intake. If it does not clear, call your urologist.
4. Your incision is closed with staples which will be easily removed in the office. You may shower and wash over the incision. Dry completely with a hair dryer. You can put a little Vaseline or Neosporin where the catheter meets the penis to minimize your discomfort.
5. The bag on your lower abdomen covers a Penrose drain. This drain is removed when the amount of drainage drops below a specified level. It is important that you measure the amount of drainage from this bag. You do not need to measure the amount of urine into the large catheter bag.
6. **AVOID constipation.** Every night, before you go to bed, if you did not have a bowel movement that day, drink two tablespoons of milk of magnesia. Eating fruit, going for walks, and staying well hydrated will help minimize constipation. If you strain at bowel movements, some urine will leak out around the catheter and this is normal.
7. Take pain pills regularly, recognizing that they help prevent pain better than they get rid of pain that is already present. These pain pills, however, constipate you, so pay attention to the previously discussed points regarding the importance of avoiding constipation.
8. You may eat and drink whatever you choose, but you will not have much appetite. The important point is to drink plenty of fluid to avoid dehydration. Do not be surprised if you eat a few bites of solid food and you are full. You will probably lose 15 pounds from the time of surgery.
9. Do not be surprised if you are tired. You may get up, shower, and brush your teeth and feel like you need a nap. This is normal for the first couple of weeks.
10. Do not do any heavy lifting or vigorous exercise though you should go for short walks. This is to be encouraged.
11. Call your urologist if you have a temperature over 100.5, severe pain, vomiting, or catheter problems.