

Post-Operative Information for Patients Following Open Radical Retropubic Prostatectomy

DIET:

- Return to the diet you were on before surgery if you feel up to it.
- Continue to drink lots of fluids.
- Resume medications that were taken prior to surgery unless otherwise instructed.

ACTIVITY:

- Lift nothing over 10 to 15 lbs. for six weeks post-operatively.
- Do not strain or bear down for bowel movements.
- You can be up as much as you like. Going up and down stairs will not hurt you.
- You may take short rides in the car.
- Do not drive an automobile for the first three weeks after hospitalization.
- You can take short walks outdoors as desired.
- Increase your activity a little each day.
- You may shower as needed.
- A leg bag connected to the catheter may be worn for convenience and ambulation.

THINGS TO LOOK FOR:

- Your incision may have steri-strips and staples applied; the steri-strips look like tape and will gradually fall off. You may trim the edges as necessary.
- The incision will become firm and remain that way for a few weeks.
- You may have bloody drainage around the catheter; just keep clean with soap and water. If you are uncircumcised, be sure foreskin is pulled down over glans of penis.

WHEN TO CALL THE DOCTOR:

- After release, call the office for an appointment. Usually, your doctor will ask you to return one week from surgery date for a cystogram (bladder x-ray with dye), catheter and staple removal. Please bring a protective pad with you to this appointment.
- If your temperature is 101 degrees or higher for 24 hours, please call the office number. Have the telephone number of your pharmacy available.
- Call **973/325-6100** with questions or concerns. We are open from 8:30 am to 5:00 pm, but a doctor is on emergency call 24 hours a day, 7 days a week.

You may use milk of magnesia or another mild laxative as needed to keep your bowels moving and soft. Do not allow yourself to strain.