

Robotic Prostatectomy



**ROSWELL
PARK®**
COMPREHENSIVE CANCER CENTER

**PATIENT
EDUCATION**

Being educated before your surgery and proactive about your recovery is perhaps the single most important way to a successful surgery.

General Information

Name and date of surgery_____


Name(s) of surgeon_____

Phone Numbers

- Urology Clinic: **716-845-3159** Clinic hours : Mon – Fri, 8 a.m. – 5 p.m.
- After hours, your call will be answered by our nurse triage staff, who will assist you.
- You can also reach Roswell Park 24/7 at **716-845-2300**.
- On the day before your procedure, the 3 West staff will call you between 1:00 p.m. and 3:00 p.m. with your arrival time for the next day. If you do not receive a call by 3:00 p.m. on the day before your procedure, please call **716-845-8476** for your arrival time.

***If your surgery is on a Monday, call that number at 3 p.m. on the Friday before.**

How to Prepare for Surgery

- **Kegel Exercises:** Before surgery, start practicing Kegels to strengthen the pelvic muscle. This will help you gain urinary control quicker. Instructions are included at the end of this brochure. If you would like assistance learning, ask for a physical therapy consultation before surgery. Refer to the instructions at the end of this brochure or ask your nurse for a copy of the *Kegel Exercises for Men* instruction card.
- **Incentive Spirometry/Leg Exercises:** The spirometer is used to exercise your lungs and help prevent pneumonia. Leg exercises keep your blood circulating and help prevent blood clots. Like Kegels, starting these before surgery will help prepare you. The incentive spirometer will give you an idea of your lung capabilities before surgery so that you will know what to aim for after surgery. 
- **Bowel Prep:** Before you leave home on the morning of surgery, give yourself 1 Fleet enema.
- **Apple Juice:** Ninety minutes (1 ½ hrs) before your arrival time, **drink** the container of apple juice we gave you.
- **Valuables:** Leave all valuables at home, you will not be allowed to wear jewelry in surgery.

What to Expect: Before Surgery

When you arrive at the hospital, go to the third floor and check in at the Ambulatory Surgery Center (also called 3 West). The nurses in the ASC will give you medications (pills) that will help control pain after the surgery.

You will put on a hospital gown and wear it (and nothing else) into surgery. The nurse will start an IV in your arm.

This allows us to give you, if needed:

- extra fluids
- antibiotics to prevent infections
- pain medication

What to Expect: After Surgery

- **SCDs:** You will have Sequential Compression Devices (SCDs) wrapped on your lower legs. They connect to a machine at the end of your bed and gently squeeze and release your legs to stimulate blood flow and prevent blood clots (DVT). These will be removed when it is time to go home. At home, continue to do leg exercises and get up and walk at least 3 times a day. Each walk should be the equivalent of a lap around your house.
- **Diet:** After surgery, you can have a clear liquid diet. The morning after surgery, you can have a regular diet for breakfast and lunch and then you will be discharged home.
- **IV:** Your IV remains in your arm until you are discharged.

- **Incentive Spirometry and Leg Exercises:** Continue to use your spirometer. It is especially important the first 24-48 hours after your surgery to prevent lung infections and help your body clear the groggy effects of anesthesia. The leg exercises will help prevent DVT (blood clots) from forming in your legs. Persons who have abdominal surgery and are not up and walking around normally have an increased risk of blood clots.
- **Catheter:** The Foley catheter is a narrow flexible tube that enters through the opening of your penis and then into your bladder so urine can drain out. It is put in place during surgery (while you are under anesthesia) and will still be there when you wake up afterwards. The catheter stays in place for about 10 days after surgery. It will be removed by a nurse during your first post op visit to the Urology Clinic.
- The catheter can be irritating. The longer it is in, the greater the risk it will bother you. To help lessen the discomfort, use a water-based lubricating jelly around the tip of the penis opening. **DO NOT** use Vaseline...it can lead to infection. You can get the water-based lubricating jelly at your local pharmacy.
- Tugging on the catheter will hurt, and you may notice streaks of blood in the urine. The urine should clear up after drinking a few large glasses of water. If you accidentally tug on the catheter in your sleep and see blood in your urine in the morning, drink plenty of water.

- **Wound care:** You will have 6 stab wounds on your abdomen where the laparoscope was used. They will be closed with a glue-like substance called dermabond. There may be bruising around these 6 wounds. You can shower after surgery and wash these areas with soap and water. **DO NOT** soak in a bath or hot tub.
- **Discharge Medications:** These medications will be prescribed when you are discharged home.
- **Cipro**, an antibiotic, helps prevent infection. Take this the day before your catheter is removed, the day of removal, and the day after.
- **Oxybutnin**, an antispasmodic, is used for bladder spasms. Sometimes you may have bladder spasms when a catheter is in place. It usually feels like pressure in your penis like you need to urinate. Or pressure in your rectum as though you need to move your bowels.
- **Colace:** a stool softener to take 2 times a day. All pain medications are very constipating, so remember to take the stool softeners. Drink 2-3 quarts of water a day unless your doctor tells you to limit your liquids. If you do not have a bowel movement in 3-4 days, call the Urology Clinic.

What to Expect: At Home

Urinary Control: Your urinary control after surgery will vary. After the catheter is removed, you may have leakage. You can wear Depends or a sanitary napkin to absorb the leakage. Kegel exercises are important in helping regain your muscle strength and decrease leakage. Kegel instructions are on the last page.

Sexual Functioning: Erectile dysfunction is possible after surgery. We will ask about this at your second post-operative visit.

Medications: Take any medications that the doctor prescribes as directed. Discuss with your doctor when to resume your normal medications including aspirin, ibuprofen/ Motrin®, vitamins, and supplements.

Write down any questions that you have for your doctor. This will improve communication between you and your healthcare provider.

When to Call Us

Call us right away if:

- you have large amounts of blood in your urine
- your catheter comes out (a doctor must replace it)
- you notice that the catheter has not drained any urine for 2 hours (The catheter bag will need to be changed from a smaller daytime bag to the larger nighttime bag. These are a pull apart, push on mechanism. The

urine bags and tubing can be rinsed with warm, soapy water and then air dried until their next use. **Do not use bleach or other cleaning supplies.**)

Kegel Exercises

First exercise

1. First, empty your bladder. Then relax.
2. Tighten the pelvic muscle and hold for 10 seconds, then relax the muscle completely for 10 seconds. You should feel a pulling sensation around your rectum.
3. Repeat 10 - 20 times (1 set), tightening and relaxing for each set. Repeat the set 5 times per day.

At first you may not be able to hold this contraction for the full count of 10 seconds; however, you will slowly build up to this. The muscle may start to tire after about 6 or 8 exercises. If this happens, stop and go back to exercising later.

Second exercise

Tighten the pelvic floor for 1 second and then relax for 1 second. Repeat as many times as you can, as often as you can.

These exercises may be done at any time. Never use your stomach, legs, or buttock muscles. For more information, ask your nurse for a copy of *Kegel Exercises for Men*.