Discharge Instructions: Radical Prostatectomy

Activity

- You may take a shower- do not take a tub bath until after the removal of your Foley catheter.
- Clean your incision every day.
- You may walk up and down stairs and outdoors; increase your activity each day, as tolerated.
- When sitting, prop your feet up on a stool or sit in a recliner to keep your feet elevated to prevent swelling in your lower legs. If swelling occurs, lie in bed and put your feet on pillow higher than your head.
- You may drive your car when you are no longer using pain medications.
- Do not lift anything heavier than 5 pounds. (six-pack of soda).
- Do your Kegel exercises every hour while you are awake.
- Follow the Foley catheter care as instructed, and in “Your Pathway to Recovery” folder.
- Attach your Foley catheter to the leg bag when you are up, or the large bedside drainage bag when lying down. Keep both bags below the level of your stomach.

Diet

Return to your usual diet. Drink 5 to 6 glasses of water/juice every day. Keep urine pale yellow. Eat foods high in fiber (whole grain bread and cereal), raw fruit and vegetables with the skin on to prevent constipation.

Equipment & Supplies

Leg bag, bedside drainage bag, incentive spirometer, and an extra stat lock.

Medication to Take at Home

Prescription

- Ciprofloxacin 500 milligrams (mg): To prevent infection, take 1 tablet by mouth 2 times a day for 3 days. Begin this medication 1 day before your visit to the GU center to have the catheter removed.
- Oxybutynin chloride (Ditropan®) 5mg: Take 1 tablet by mouth every 8 hours as needed for bladder spasms.
- Hydrocodone/Acetaminophen (Lortab®) 7.5/500mg: Take 1 tablet by mouth every 4 hours as needed for moderate pain that scores 4 or more on a scale of 1 to 10. (0 - no pain, 10 - worst pain).

Over the counter

- Acetaminophen (Tylenol®) 500mg: Take 1 or 2 tablets by mouth every 4 hours as needed for mild pain score of less than 4.
- Aspirin 81 mg: Take 1 tablet by mouth every day for 1 month to prevent blood clots.
- Docusate (Colace®) 100mg: Take 1 capsule by mouth 2 times a day for 1 month as needed, to prevent constipation.
- Milk of Magnesia: Take 30 milliliters (ml) once a day as needed, if constipated or straining at stool.
- Ferrous sulfate (iron) 325mg: Take 1 tablet by mouth 3 times a day for 1 month if your hemoglobin is less than 10 when you are discharged.
When to Call

Call for:
✓ fever of 100.4°F (38°C) or higher
✓ foul-smelling discharge from the wound
✓ tenderness or redness at the wound
✓ sudden onset of shortness of breath, leg swelling, chest pain, altered mental status (confusion, disorientation, sleepiness), blood in your urine, nausea, vomiting, abdominal pressure, or severe constipation

Contact Numbers

If you have any questions or concerns, please contact the urology clinic at 716-845-3159 between 8:00 a.m. and 5:00 p.m. on weekdays. Nights, weekends, and holidays, please call the Roswell Park at 716-845-2300 and ask for the surgical fellow on call.