

Discharge Instructions for Radical Prostatectomy



You had a procedure called radical prostatectomy. This removed the entire prostate and nearby tissues. The information below will help you know what to do as you recover from surgery.

Activity

- Don't drive until your healthcare provider says it's OK. This is often after your catheter is removed and you are no longer taking pain medicine.
- For the first 2 weeks after surgery, limit physical activity. This will let your body rest and heal.
- Talk with your healthcare provider before going back to your normal activity level.
- Don't lift anything heavier than 10 pounds until your healthcare provider says it's OK.
- Don't go on long car rides.
- Don't climb stairs or do strenuous exercise. Don't mow the lawn or use a vacuum cleaner.
- Take naps if you feel tired.

Home care

- Prevent constipation:
 - Eat fruits, vegetables, and whole grains.
 - Unless directed otherwise, drink 6 to 8 glasses of water a day (enough to keep your urine light-colored). This will also help keep a healthy flow of urine.
 - Use a laxative or a stool softener if your healthcare provider says it's OK.
- Take care of your catheter. Ask for an information sheet and training before leaving the hospital:
 - Keep the catheter well secured.
 - Use either leg bags or external (straight drainage) bags, or both.
 - Empty your bag when it's half full. You may see some blood in the bag. This is normal after surgery and while the catheter is in place.
 - Use plain soap and water to wash the outside of the catheter and the head of your penis daily, or more often if needed.
- Return to your normal diet.
- Shower as normal.
- Finish the antibiotics that your healthcare provider prescribed.
- Take pain medicine if needed and as prescribed.
- Think about wearing sweatpants while you have the catheter. They may be more comfortable than other pants.

Follow-up

Make a follow-up appointment as directed.

When to call your healthcare provider

Call your healthcare provider right away if you have any of the following:

- Fever of 100.4°F (38°C) or higher, or as directed by your provider
- Shaking chills
- Heavy bleeding, clots, or bright red blood from the catheter
- Catheter that falls out or stops draining
- Bad-smelling discharge from your catheter
- Redness, swelling, warmth, or pain at your incision site
- Drainage, pus, or bleeding from your incision
- Trouble breathing
- Hives or rash
- Nausea and vomiting
- Diarrhea

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