

## **Post-Operative Instructions Following Robotic Assisted Laparoscopic Radical Prostatectomy**

### **ACTIVITY:**

Gradually increase your activity level over three weeks, but limit physical exertion such as heavy lifting and intense exercise during that time.

You may walk up and down stairs as much as tolerated.

You may drive once the urinary catheter is out (usually 7 days) and you no longer require the hydrocodone for pain.

You may shower as needed with the drainage bag attached and the wounds uncovered.

### **DIET:**

Maintain a liquid and bland diet until you have passed flatus. You may then advance to solid foods and your regular diet over the next 1 to 2 days.

Drink plenty of fluids while the catheter remains in.

### **MEDICATIONS:**

Resume all of your pre-operative medications as previously ordered by your physicians, except for blood thinners including aspirin. Ask the doctor when you may resume blood thinners or aspirin.

You may use hydrocodone 5 – 10 mg, as prescribed, every 4 hours as needed for pain. At any point, you may discontinue the hydrocodone and simply use Tylenol/acetaminophen (up to 1000 mg every 6 hours as needed) or Advil/Motrin/ibuprofen (600 mg every 6 hours as needed.)

### **WHAT TO EXPECT:**

Some bruising, blistering, or oozing of blood may occur around the incisions. You may also have intermittent blood in the urine and bladder spasms as well as a bloody discharge or urine seepage around the catheter. Call the office for persistent bleeding, fever, or increasing pain.

Call to make an appointment for an office visit 7 days after the surgery. At that time the catheter and skin clips will be removed. Dr. Saidi will also review the pathology report with you. Be sure to bring a *Depends* or *Poise* pad with you to the visit. Please call the office at any time for any other questions that may arise.

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