



# ASSOCIATED UROLOGISTS

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Adult and Pediatric Urology

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## ABOUT YOUR RADICAL PROSTATECTOMY

### POINTS TO REMEMBER:

You will be incontinent following this procedure for some period of time, which may range from a few days to several months. If you are still incontinent at six months, treatment is available to improve or stop the leakage.

You will have erectile failure following this procedure for the first few months. If you had good erectile function before surgery, it may return six to eighteen months following surgery. In the interim, several treatment options will allow you to resume sexual activity. Ask us about this when you are ready to resume sexual activity.

### PREOP INSTRUCTIONS:

Eat light meals the day before the procedure. Take a fleets enema early in the morning before you come to the hospital.

### POSTOP CARE:

You may take a shower the day after surgery, if you like.

No heavy lifting or straining for one month. Between four or six weeks, increase exercise until full activity is resumed in six weeks.

Stay on liquids at home until you are hungry. Slowly increase intake of solid foods. Do maintain an adequate fluid intake. Carnation Instant Breakfast three times a day is an excellent source of nutrition until you resume your usual diet. Continuing Instant Breakfast and taking B-complex vitamins and Vitamin C 1000mg per day is a good idea for one month.

Use Neosporin or similar ointment around the meatus twice a day to prevent irritation while the catheter is in.

If you experience a painful, cramping sensation in the bladder, often with a loss of small amounts of urine alongside the catheter, call the office. This is a bladder spasm. We can prescribe medicine to minimize this problem. Bleeding through the catheter is normal.

Your catheter can usually be removed two weeks after surgery. We usually ask you to return to the office for your followup appointment at this time. You will leak urine as soon as the catheter is removed, so be sure to bring a continence pad (small mini pads or infant size diapers work well pinned inside briefs).

After your catheter is removed, you may keep the genital area covered with A&D ointment to minimize skin irritation until incontinence stops.

## WHEN TO CALL THE DOCTOR:

If your catheter comes out or stops draining for several hours.

If you get a fever, feel faint, or are unable to keep liquids down.

If weeks or months after surgery, you notice that your urine stream has diminished and that you have to strain to urinate.

## WHAT YOU CAN DO:

Pain can be controlled by over the counter medication, ice packs or heating pads and your prescription medication.

You may take a laxative one week or more following surgery.

Walking and other non-strenuous forms of exercise are encouraged.

Your pathology report will probably return after you have been discharged. It will be discussed with you in detail at the first postop visit. If you would like this information sooner, you may call the office four or five days after you operation to receive this information.

## POSTOPERATIVE CANCER SURVEILLANCE:

The PSA blood test is a very accurate way of determining the persistence of prostate cancer. If your PSA level remains undetectable, it is a virtual certainty that you have been cured of your disease. This test will be checked several times per year the first two years and extended intervals thereafter.

A recurrence of disease, if detected early, can usually be treated with very good results.