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WHAT TO EXPECT POST YOUR ROBOTIC PROSTATECTOMY PROCEDURE

This information explains what you may experience post your procedure and how to take care of yourself during this time.

Expect:

- Typically a patient who has undergone a radical prostatectomy using the da Vinci Surgical System can expect to leave hospital in just one to three days and return to normal activities within a week or two.
- Depending on your occupation you can expect to return to work between 1 and 4 weeks but this depends on how your recovery is going, type of work and when you are comfortable. Dr Elmes rooms can provide you with a medical certificate if required.
- You will be able to drink fluids on the first night and in most cases be able to eat food the next morning.
- You will have calf compression stockings on, which should only be taken off when showering. These should also be worn for 2 weeks after the operation even if you are at home. You will also have blood-thinning injections usually beginning the first evening after your operation. It is important to begin walking and moving your feet around in the bed ASAP.
- A **catheter** is placed at the time of the operation. It allows the bladder to join appropriately to the urethra. It is generally present for 7 days and is removed back in the Urology ward.
- It is normal to get some spasms / cramps from the catheter which can cause urine and/or blood clots to come out around the catheter. Do not remove the catheter under any circumstances without speaking to Dr Elmes rooms first.
- You can expect to have some incisional discomfort that may require narcotic pain medication for a few days after discharge
- You may have adhesive strips/or glue across your incisions. They will either fall off on their own or can be removed in approximately 2 weeks

What to do:

- **Pelvic floor exercises** – After your prostate is removed your continence relies predominately on your pelvic floor, thus it is very important to strengthen this both before and after your operation. Your pelvic floor muscles are the muscles that you use to stop your urinary stream midway. Learn this pre-operatively. You should perform 3 holds of 10secs each, 3 times a day.
- **Walk around and wear your stocking 2 weeks post operatively.**
- You may shower at home. Your wound sites can get wet, but must be patted dry.
- If you experience spasms use oxytrol patches to settle this.

Avoid:

- Straining/strenuous activity and constipation for 6 weeks
- Refrain from driving for 1 week after your surgery
- Avoid prolong sitting, bathtubs, swimming pools, hot tubs or otherwise submerging yourself in water. Showering is fine as soon as you go home.
- Bathing on wounds, best to keep dry until healed.

Inform Dr Elmes' rooms if:

- You develop pain or fever

Dr Elmes rooms will organise a follow up appointment with you, which is usually 1 week post operatively.