Dr Linke - Post Operative Instruction

**Robotic prostatectomy – Single Port**

**How to care for your catheter:**

When you leave the hospital, you will have a urinary catheter. The catheter will drain urine from your bladder. Your nurse will show you how to fasten the catheter to your leg. You should always keep the collection bag below your bladder. You will have a large bag to use at night and a small bag to use during the day. The small bag should be emptied when it gets full. You should apply Vasoline to the tip of your penis twice daily. You will have this catheter for approximately 5-7 days.

You may have cramping in your bladder or feel the need to urinate often (bladder spasm). This is common when a catheter is in place. You may even leak a little urine or blood when the catheter is in place. This is normal. It often happens after a bladder spasm. Once the catheter has been removed, control of urination will come back slowly. You will likely need to wear a pad to absorb any leakage for a little while after the catheter is removed.

**How to care for your incisions:**

Sutures were utilized which will dissolve on their own, there is no need to have them removed. A small amount of redness at the edges of the incision sites, as well as a small amount of clear or bloody leakage from the wound, is acceptable. Check the incisions every day for redness, pain, and swelling (inflammation), which are signs of infection. Report any signs of infection to Dr Linke’s nurse. Your incisions will be covered with skin glue. These will fall off in 2-3 weeks. Do not pick or scrub them.

**Medications:**

Some pain is normal after this procedure. Dr Linke employs a multimodal pain regimen, which involves alternations of Tylenol and Advil. Narcotics will be minimized in order to promote healthy bowel movements, decreasing your return to the emergency department.

It is common to not have a bowel movement for 1-2 days following surgery. The more you walk at home, the quicker you will have a bowel movement.

**Bathing:**

You may shower 24 hours after your procedure. Use soap and water and gently wash, never scrub. Type of soap does not matter. Do not submerge your abdomen in water for 2 weeks.

**Diet:**

You may resume a normal diet right away. However, if you are constipated, stick to a liquid diet until you have a normal bowel movement.

**Activities:**

Refrain from driving for one week after surgery. Do not lift anything that weighs more than 10 lbs for 4 weeks. Daily walking will help you feel better faster and is encouraged. You must walk at leave 5 times daily to prevent blood clots and pneumonia.

Get plenty of rest. Refrain from vigorous activity (running, golf, exercising, horseback riding, motorcycles, bicycling) for six weeks.

Avoid sexual relations for 6 weeks

**SEEK IMMEDIATE MEDICAL CARE IF:**

• Your pain and swelling get worse.

• Your catheter becomes blocked or falls out.

• You notice bright red blood or clots in your urine.

• You develop shortness of breath, chest pain, fever, or other concerning symptoms

• Your incisions open.

**MAKE SURE YOU:**

• Understand these instructions.

• Will watch your condition.

• Will get help right away if you are not doing well or get worse.