's Care Guide after Open or Robotic Prostatectomy Surgery			
I came to the hospital on and left on _			
I came to the hospital because			
How I may feel and what I should do			
These symptoms are normal	My notes & questions		
I may feel pain			

- I may have shoulder pain for up to 1 week if I had robotic surgery.
- I may have pain, swelling, and bruising on my scrotum and at the end of my penis. I can use an ice pack on my scrotum. I can put Polysporin on the tip of my penis.
- I should take my pain medication before my pain gets really bad.
- I should follow the instructions on my medication bottle.
- I should use less narcotic pain medication as my pain gets better. Examples are Percocet, Oxycodone, Tylenol 3, Morphine, or Hydromorphone.
- I can't drive or drink alcohol while taking narcotic pain medication.
- I should talk to my pharmacist about using Tylenol Extra Strength.

I may feel constipated

- Pain medication can make it hard for me to have a bowel movement.
- I should drink lots of water, and eat lots of fruits and vegetables.
- I shouldn't strain or push too hard when having a bowel movement.
- I shouldn't use an enema or suppository to help me have a bowel movement.
- I can take a stool softener like Senekot if I haven't had a bowel movement in 2 days. I should ask my pharmacist for help.

I may feel tired

- Pain medication can make me feel sleepy.
- I should rest when I'm tired.

I may not feel hungry

- I should eat smaller meals and snacks more often.
- I should drink 6-10 glasses of water a day to keep my urine clear.

These symptoms are **not normal**

- My Foley catheter is not draining.
- I can't urinate, even if my bladder feels full.
- I have bright red blood or blood clots in my urine.
- I have pain, redness, or swelling in my lower leg.
- My incision looks more red or swollen.
- My incision has yellow or green drainage.
- My temperature is over 38.0°C or I have chills.

I need to **call my surgeon** or go to the nearest **emergency department** if I can't reach my surgeon.



These symptoms are an emergency



- I have trouble breathing.
- I have chest pain.

I need to call 911.





How I should care for my incision

If I have steri-strips (small strips of tape on my incision)

- The steri-strips should fall off on their own in 7-10 days.
- If they haven't fallen off on their own, I can gently remove them in the shower after 10 days.

If I have staples

 My family doctor, homecare nurse, or surgeon will take out my staples after 5-10 days.

If I have a Foley catheter

- My nurse will teach me how to look after my catheter.
- My catheter should only be changed or removed under the direction of a urologist.
- I may feel like I need to urinate even with the catheter in.
- I may see blood around my catheter or in my urine for a few weeks.
- I may leak urine after my catheter is taken out. I can do pelvic floor exercises (Kegels) to help with this.
- If my catheter is blocked: I should call my homecare nurse should go to the nearest emergency department if I can't reach my homecare nurse.

If I have a little bleeding

 I should clean my incision with warm water in the shower, dry it with a clean towel, and cover it with a Band-Aid.

If I have a JP drain

- My nurse will teach me how to look after my JP drain.
- If my JP drain falls out, is leaking, or isn't collecting fluid: I should call my homecare nurse.

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How my activities will change

Showering

- I can shower 48 hours after my surgery.
- I can let soapy water run over my incision, but
 I shouldn't rub my incision.
- My catheter should stay connected to a drainage bag when I shower.
- I can't have a bath, go swimming, or use a hot tub until I talk to my surgeon.
- I shouldn't use any creams on my incision unless I have talked to my surgeon.

Exercise and physical activity

- I should practice deep breathing to keep my lungs healthy.
- I should be active to help me gain strength and feel better.
- I should go for walks often. I should rest and take a break when I need one.
- If I need to take a long car ride, I should stop and walk every 1-2 hours.
- I can't lift more than 10 pounds for 4-6 weeks after my surgery.

1	My medications
	I was given a list of medications I need to take. I was told why I need to take my medications. I was told about the side effects of my medications.

My appointments	
☐ I was given a list of my appointments. ☐ Someone reviewed my list with me. ☐ I was told about the automated phone call.	

Where I can go for more information		
For information about	I can call or go to	



