

**ROCKFORD UROLOGICAL ASSOCIATES, LTD.  
351 EXECUTIVE PARKWAY  
ROCKFORD, IL 61107  
(815) 398-4057**

**POST CATHETER REMOVAL INSTRUCTIONS**

**Follow-Up Examination after Robotic Prostatectomy Surgery**

**Catheter Removal:** This is an easy procedure and is not painful. You will not require any pain medication.

**Urinary Control:** Immediately following catheter removal you can expect good, moderate, or even poor control. It can take a few days for the bladder to adjust. Once the catheter is removed you can restart the pelvic (Kegel) exercises. You will need men's pads such as Depends or TENA. If you have any difficulty urinating, you will be instructed to return to ensure that you are emptying your bladder.

**Pelvic Exercise:** Kegel exercises are important to help strengthen the remaining sphincter. It may take up to 8 weeks to see any improvement in the bladder control. **If you have any perineal discomfort you will want to avoid these exercises until it has resolved.** Start the exercises by holding the contraction for 5 seconds, and then relax for 5 seconds. The rest period after the contraction is as important to give the muscles rest. Once you feel you can hold for 5 seconds, you may increase the interval to 10 seconds, and then rest again for 10 seconds. It is recommended you do 60 contractions daily. Doing any more than 60 is not recommended because you will encounter muscle fatigue and discomfort and possible bleeding. The exercises should be done in various positions and may be done anywhere. Please inform the nurse if you are unable to identify where this muscle is located.

**Perineal Discomfort:** The perineum is located between the scrotum and rectum, and most patients do feel some discomfort or pressure in this region, particularly when you sit. It is recommended to do the following to avoid this discomfort from progressively worsening: use an anti-inflammatory on a regular basis such as Motrin, Advil, or ibuprofen until the pain has resolved, sit on a "donut" cushion, avoid sitting for lengthy periods, and avoid doing pelvic (Kegel) exercises.

**Blood in Urine:** You may see intermittent blood when urinating that is expected in the recovery and healing period of up to 8 weeks. Some patients will have perineal pain associated with this. If you notice blood is in the urine, do the following: rest and drink plenty of water, avoid any activity such as lifting or straining, and discontinue pelvic (Kegel) exercises until the bleeding stops. If you see blood clots in your urine please let your physician know about it.

**Diet:** You may resume a regular diet provided your bowel movements have normalized. You may consume alcohol and other beverages. However, if you have a problem with urinary urgency and frequency, consuming alcohol, caffeine, and citrus juices and spicy foods may worsen the bladder symptoms.

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**Exercise and Activity:** You may participate in any activity that does not require lifting, pulling, or pushing. It is suggested you wait 6 weeks to return to normal activities such as golfing, swimming, biking, weight lifting, etc. Your weight limit is 10 pounds in this healing period. You may return to work before 6 weeks provided your work is more sedentary. You may drive once your catheter is removed.

**Medications:** You must finish your antibiotic to prevent infection. In addition it is requested that you continue a stool softener for 2 more weeks after your catheter is removed. You may continue an anti-inflammatory as needed for discomfort in the incisions or in the perineum. You may resume all preoperative medication with the exception of "prostate" medication that will no longer be required.

**PSA Blood Tests:** You will be asked to have your PSA done anytime after 4 weeks from the date of surgery. You will be given a lab form for this purpose with instructions for follow-up. It is important that you wait 4 weeks minimum before taking the test because the number could be falsely elevated during the healing process. You will then be asked to monitor your PSA every few months afterward.

**Sexual Function:** You may attempt sexual activity if you are comfortable as early as 3 weeks after surgery. Because the prostate and seminal vesicles were removed, you will no longer have any ejaculate or fluid during orgasm. Penile rehabilitation will be discussed at your follow-up appointment. It may take up to one year before any erections occur. **However, during the rehabilitation process, you will be offered treatments to assist in the recovery period which is addressed at your first follow-up appointment after your catheter is removed.**

**Complications:** Please call our office immediately if you experience a fever greater than 101 F, shaking chills, nausea/ vomiting, and/or heavy bleeding that does not clear with rest and fluids or abdominal cramps or spasms that are severe. If the clinic is closed, you will speak with the answering service who will contact the urologist on call.