

San Buenaventura Urology

in association with Community Memorial Health System

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Adult & Pediatric Urology

DA VINCI RADICAL PROSTATECTOMY

This procedure is done to treat prostate cancer. The surgery involves removal of the prostate, seminal vesicles, and sometimes a sampling of the lymph nodes in the pelvis. Five small incisions are required. It usually requires a one night hospital stay. Patients come to the hospital in the am after doing a bowel prep at home the day before, and nothing to eat or drink for at least 8 hours. All medications are taken with the sip of water that morning, with the exception of blood thinners, aspirin, or NSAIDS, and diabetic medications.

Upon discharge, the patient will have an indwelling Foley catheter (tube that drains the bladder of urine), an abdominal dressing with staples or Derma bond over the small incisions. The patient will be able to walk on his own, do stairs, and be independent at home - for the most part.

POST SURGICAL CARE INSTRUCTIONS:

Remove the abdominal dressings and shower 48 hours after the surgery. Feel free to get the incisions wet and use soap. Dry thoroughly, and leave open to air. Apply Neosporin ointment if you desire, it is not necessary. Apply a loose gauze dressing or wear a soft T-shirt if you desire to avoid the staples snagging on other clothing. The staples will be removed in the office at your appointment one week post surgery.

Be active around your home - walking in the home and yard those first days, then out in the neighborhood. This will keep the blood moving and air moving through the lungs to prevent complications. You may drive a car 5-7 days post op if not taking pain medication. Get out of the house and see friends. Do errands and be social.

Stay on clear liquids until you pass gas, eat soft foods and clear broth soups until you have a bowel movement, and then enjoy a nutritionally full diet. Drink plenty of water, 2 quarts (64 ounces) daily to keep the urine in the collection bag clear and dilute.

Expect the urine to have intermittent pink/red blood and some small clots. Keep the drainage bags below the level of the bladder so the urine can flow to gravity. Clean the tubing and penis daily in the shower, apply Neosporin ointment to the tip to the tip of the penis and tubing for comfort and infection prevention.

NO LIFTING over 8 lbs (gallon of milk) for one month! No pushing, pulling, straining, heavy yard work, or golf for a full month. Talk with the NP/MD about cycling.

Keep the bowels regular with a mild laxative to prevent straining. The pain medication is constipating and a little prevention goes a long way. Senna, Milk of Magnesia, or MiraLax are all good options. Colace is a stool softener and also very good.

We have given you pain medication to use if needed. Take the antibiotics as ordered daily while you have the urine catheter. Resume your other medications once home from the hospital - blood thinners and aspirin can be resumed usually three days after surgery.

Check your temperature a couple times per day - temps up to 100.4 are normal. Take Tylenol for elevated temperatures and call the office to report.

You will need an x-ray of the bladder called a cystogram before thie urinary catheter is removed. This will be scheduled either at Grossman's Imaging, Radnet Rolling Oaks, CMH or at your Kaiser Facility. We are unable to view the films at Kaiser, so please bring in the computer disk for the NP/MD to view the results.

Your first post-operative visit is usually one week after surgery: bring a male adult incontinence pad to wear in you jockey underwear when the catheter is removed in the event you leak urine.

Practice your Kegels (tightening the pelvic floor) before surgery and when the catheter is removed to promote urine control.

We will review the pathology report at the first visit, outline your care for the next several months, plan your return to work or play, support the return of erections and good urine control. You will also be offered an appointment with the Vacuum Erection Device representative to facilitate the return of blood flow to the pelvis and penis. We recommend you bring an interpreter or family member to this appointment. A second set of ears is always helpful.

Please have your Disability paperwork completed and ready for the MD to complete and sign at your post-operative appointment. Our receptionists up front are very good about getting these papers completed properly and signed. We also need you to put appropriate postage on them.

Call the office (805) 643-4067 with questions that are urgent and can't wait for your office appointment. If you have an emergency, go to the Community Memorial Hospital Emergency Dept.