

Dr. Shah's patient instructions – 1st postoperative visit after prostatectomy



Congratulations on having the foley catheter removed! **Here are some important instructions as you continue your recovery:**

- 1) It is normal to experience urinary leakage as the body continues to heal, especially when you stand up or cough. The vast majority of patients will ultimately regain full continence, but this can take time – usually at least a few months. Use male guards such as those made by Depend or Assurance, and change them as often as you need to feel comfortable. Some men prefer the brief (underwear) type guard, while others prefer the panty-liner type guard. These are available at most pharmacies such as Wal-mart or Walgreens.
- 2) It will be normal to experience urinary frequency (frequent urge to urinate). **Do not** try to resist or try to hold your urine when this happens. This can put unnecessary stress on the connection that was made between your bladder and urethra during surgery. Rather, we recommend going to the bathroom whenever you get the urge, no matter how frequent. In most patients, this feeling goes away with time and your bladder normalizes.
- 3) Restart your Kegel exercises! These exercises, which Dr. Shah taught you at the preoperative visit, will help you to regain your urinary continence earlier. However, please be aware that it will still take time – again, usually at least a few months, for you to regain continence. You can do these Kegel exercises a few times each hour – especially when you are sitting, watching TV, driving, etc. **Do not** do the Kegel exercises when you are urinating, however.
- 4) Medications – finish your antibiotics (usually ciprofloxacin). Do not take anymore of the Ditropan (bladder spasm pill) that was prescribed for you because this can cause you to stop urinating. Resume all home medicines.
- 6) No exercise or lifting > 15 lbs for another 4-5 weeks (until Dr. Shah sees you next). Even though you may feel you are “ready” the incisions are still healing from the inside and exercise can predispose you to hernia formation.
- 7) Drink at least 8 glasses of water daily to help “flush out” any remaining bacteria in your urinary tract.

Questions? Please call Patricia (Trish) Seeber, R.N. at 505-925-0246