

# Urology Associates of Rochester

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Dear Pat FName :

**Your Supra-Pubic Prostatectomy is scheduled at:**

**on**

**The hospital/surgical center will notify you of your arrival time for your procedure. Your pre-surgical testing is scheduled for at your/the .**

**In preparation for your procedure you will need a 24 hour bowel prep and 24 hours of a clear liquid diet. There will be two page attachment included with prescriptions to take according to the instructions.**

## **PREPARING FOR SURGERY: THINGS YOU SHOULD KNOW**

1. You will be admitted to the hospital the day of your surgery. You will spend an average of 1-3 days in the hospital.
2. If you are on **Coumadin, Plavix, or Aspirin** for coronary stents, you **must consult your Cardiologist or Primary Care Physician** for management and proper discontinuation of drug prior to your surgery. If you are on **Aspirin or Aspirin Products** for preventative measures, or drugs for **Arthritis or Inflammation**, please discontinue one week before the procedure. If you are on **Herbal Supplements** (anything that is not prescribed by a physician), please discontinue one week before the procedure.
3. If you take blood pressure, thyroid, or seizure medication, **please follow the instructions given to you at your Pre-Operative appointment on how to take these the day of your procedure.**
4. No eating or drinking after midnight the night before your surgery except for blood pressure or other medications as mentioned above.
5. No alcohol 24 hours prior to surgery.
6. You will be receiving anesthesia for your procedure and will meet with an anesthesiologist prior to surgery. **You are unable to drive, drink alcohol or sign legal documents for 24 hours after receiving anesthesia.**

## RECOVERING FROM SURGERY: WHAT TO EXPECT

1. You will awake from surgery with a catheter in your penis, which drains urine from your bladder. This allows your urinary tract to rest and recover. The catheter must remain in place for two weeks so you will be going home with it. The physicians and nurses will explain all this during your hospital stay.
2. You will have a drainage tube coming out of your lower abdomen, which prevents fluid build up and infection. This drain will be in place for 1 - 3 days. It is often removed prior to discharge. However, if you go home with this drain in place, the physicians and nurses will explain all this during your hospital stay.
3. You will be given pain medication in the hospital to relieve your discomfort and to help stimulate your appetite within a few days.

## INSTRUCTIONS: POST SUPRA-PUBIC PROSTATECTOMY

### DIET:

1. It is okay to eat or drink whatever you want.
2. We encourage you to increase your fluid intake.

### ACTIVITY:

1. Do not lift anything heavier than 10lbs for 4 weeks.
2. It is okay to shower. **No bathing** until seen by the doctor.
3. It is okay to climb stairs when discharged from the hospital.
4. Walking is good exercise, which improves circulation. Do not over do it! Go easy at first and slowly increase the distance, as you feel better.
5. Avoid any heavy lifting or strenuous exercise for 6 weeks.

### DRIVING:

**No driving until seen in the office and the catheter is removed.**

### MEDICATIONS:

Please refer to the surgery medication list provided.

### INCISION SITE:

Observe the incision daily. Some redness and drainage at the incision site is normal. If you notice any increased redness, increased tenderness, purulent (puss like) drainage from the incision, and/or develop fever and chills, please call the office.

### FOLEY CATHETER:

(Tube in penis which drains your urine.) This tube will remain in for about two weeks post surgical procedure. It is normal to feel some pressure and discomfort from the catheter. You may also experience some leaking around the catheter; this is also normal. Always make sure that the tubes are not kinked so the urine can flow freely. If the catheter is not draining well or if leakage is excessive around the cath, please call the office at