

Robotic Assisted Laparoscopic Prostatectomy
Using the DaVinci Robotic System
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Instructions After Catheter Removal

Activity:

Begin to GRADUALLY increase the intensity of your activity/exercise, and the weight of things you lift.

If It Hurts, Don't Do It.

Begin to increase the distance and pace of walking GRADUALLY.

Driving:

DO NOT DRIVE until you feel you are able to reach the brake pedal as quickly as you could before surgery. Remember that if a child runs into the street after a ball and you hit him because you can't stop your car in time, you will never forgive yourself.

Bowel Function and Diet:

Continue to take the stool softener for at least six weeks, or longer if needed. Continue to use over-the-counter remedies for gas or constipation. You may eat whatever you can tolerate. Remember that caffeine will worsen urine leakage.

Urine Control:

Continue Kegel's exercises (stopping and starting your urine stream over and over, and holding those muscles contracted for an extra ten seconds at a time over and over-even when you're not urinating.) Remember that almost everyone leaks for several weeks to a few months. DO NOT be discouraged. This is normal. I recommend wearing a pull-up-type diaper (e.g. Depends) with a smaller pad on the inside (e.g. Poise pads) that can be changed frequently and quickly, without having to change the pull-up. That way, you only have to change the pull-up once a day, but you still have the protection of the larger diaper should you leak through the smaller liner pad. It is expected to have some blood in your urine for a few days. If this persists more than a week, call me. If you are having uncontrollable urges to urinate, there are medications that can help with this. I can provide samples as requested.

Sexual Function:

If you have not already acquired a vacuum erection device or have not had an appointment with the representatives of the company that sell the device, do so now. This is arranged through our office. This device will be used to pump blood into the penis to keep the blood vessels healthy. It can also be used with the enclosed elastic band to hold the blood into the penis to achieve an erection adequate for sex. It is safe to try medications such as Viagra, Cialis, or Levitra now. These may not provide an erection adequate for sex, but this will also increase blood flow to the penis and keep the blood vessels healthy. All of this will help to get your natural erections back more quickly. If you are able to get an erection, it is perfectly safe to have sex. *In fact, I insist on it!*