

POST OPERATIVE INSTRUCTIONS

Procedure: Prostatectomy

General Information

- Patients can engage in sex two weeks after foley catheter is removed.
- Patients can resume exercising/weight training six weeks after surgery.
- Patients can resume swimming/bathing one week after staples are removed.
- Patients can drive an automobile after he discontinues his pain medication.
- Patients who are driving long distances need to stop every two hours and walk around automobile for fifteen minutes to help prevent a deep venous thrombosis.
- Patients can return to work as tolerated after foley catheter is removed.
- Patients can drink alcohol when they discontinue pain medication.
- ***No heavy lifting over 10 lbs for Six (6) Weeks.***
- You may experience urine leakage around the Catheter. This is normal as long as the Catheter is draining urine into the bag. If the Catheter stops draining call our office right away.

Please contact the office if you experience:

- Lightheadedness,
- Fever greater than 101 degrees,
- Chills,
- Excessive Pain,
- Foley Catheter stops draining.

Medications

- Take Vicodin as needed for pain.
- Take Colace as your stool softener.

- Follow up in **two weeks** for your staple removal and foley catheter removal.
- Begin taking Levaquin one tablet a day, **two days prior** to foley catheter removal.

Required Follow Up

- Patients to follow up in two weeks for foley catheter and staple removal.
- PSA blood test one month after surgery.
- PSA blood test every three months after surgery for the first year.
- PSA blood test every six months after first year.
- PSA blood test every year after second year.

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Arizona Urology