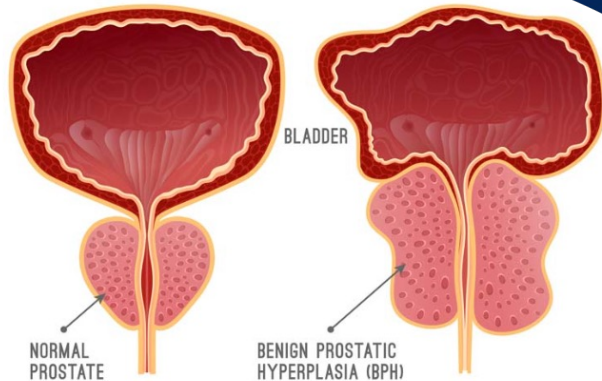


# Robotic-Assisted Laparoscopic Simple Prostatectomy

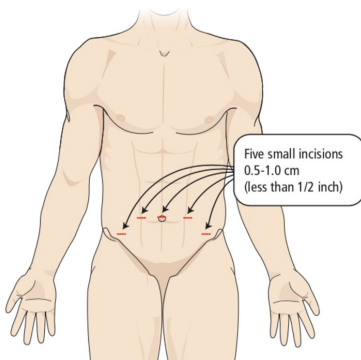
## Patient Guide

### Procedure

- A **simple prostatectomy** is a surgical procedure to remove part of the prostate to relieve urinary symptoms such as difficulty urinating, frequent urination, or urinary retention.



### Laparoscopic Approach



- At least 5 small incisions are used to perform your surgery using the Da Vinci robot.
- An incision will be made in your bladder to core out the prostate.
- The surgeon controls the instruments at all times.
- You will have one larger incision to remove the prostate, generally above the umbilicus.

### Prior to Surgery

- At your clinic visit, your surgeon will review with you (1) your anatomy, (2) prostate size, and (3) risks and benefits of the procedure. If you take any blood thinners (ie: Xarelto, Eliquis, Aspirin), please discuss with your surgeon prior.
- You may be requested to obtain medical clearance by your primary physician prior.
- The hospital will call you 1-2 days prior to surgery to confirm arrival time and location.
- No eating or drinking after midnight prior to your procedure unless otherwise instructed.
- Your surgeon will meet you in the pre-operative area before surgery and review consent.

# Robotic-Assisted Laparoscopic Simple Prostatectomy (2)

## Patient Guide

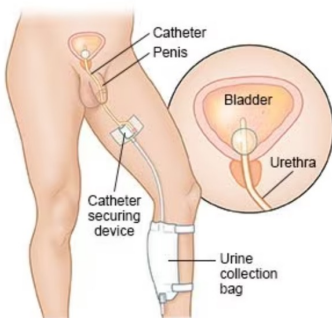
### During Surgery

- Your procedure requires approximately 2-3 hours of general anesthesia.
- Your incisions will be closed with sutures and skin glue, both will dissolve within weeks.
- You will come out of surgery with a foley catheter to drain your bladder that will need to remain in place for ~2 weeks to allow your bladder to heal.

### After Surgery (While in hospital)

- You will stay with us in the hospital on average 1-2 nights with continuous bladder irrigation (CBI).
- You may have sips of clear liquids the night of your surgery.
- You will be given IV and oral pain medications to alleviate your pain.
- It is important to use the breathing machine given to you after surgery 10x/hour.
- We will motivate you to start walking day after surgery to quicken your recovery.
- Although we hope you will pass flatus 1-2 days after surgery, it may take you longer to have a bowel movement. You will be given a bowel regimen perioperatively.

### Catheter Care



- The foley catheter allows continuous drainage of the bladder.
- The nurses will teach you how to take care of your catheter.
- Do not allow anyone besides your surgical team to remove or replace the catheter.
- You will be provided with a leg strap device, two large foley bags (nightly use) and two smaller leg bags (daily use). These bags can be removed and exchanged as needed.



# Robotic-Assisted Laparoscopic Simple Prostatectomy (3)

## Patient Guide

### Discharge Instructions

<b>Pain</b>	You may experience pain postoperatively. You will be prescribed a pain medication that can be alternated with Tylenol as needed.
<b>Activity</b>	You should walk and climb stairs. You may perform household duties. No heavy lifting (>10 lbs) or strenuous exercise for 6 weeks.
<b>Bathing</b>	You may shower day after surgery, but no bathtubs, jacuzzis, or swimming pools for 2 weeks. Do not scrub around the incisions.
<b>Diet</b>	You may have a decreased appetite after surgery. You may gradually resume your normal diet once you have started passing gas or had a bowel movement. Please take docusate or MiraLAX for 2 weeks.
<b>Driving</b>	May resume driving once your catheter is removed and if not taking any pain medications.
<b>School/Work</b>	You may return to work/school 2 weeks after surgery.
<b>Intercourse</b>	Please refrain from intercourse for four weeks after surgery.
<b>Expectations</b>	You may experience mild blood in urine, constipation, bloating, bladder spasms, bruising, among others. These should resolve within 4-6 weeks after surgery. If you experience scrotal swelling, wear tight fitting underwear.
<b>When to call</b>	<p>Please call your surgeon (or in severe cases, present to the ER) if any of the following occur:</p> <ul style="list-style-type: none"><li>❖ you have a fever &gt;101 F</li><li>❖ you cannot have a bowel movement within 3-5 days</li><li>❖ you are vomiting</li><li>❖ you have leg swelling</li><li>❖ you experience shortness of breath or chest tightness</li><li>❖ your pain is not controlled with medication</li><li>❖ your catheter is not draining well</li></ul>
<b>Follow-up</b>	We will see you in clinic in ~2 weeks to remove your foley catheter and review pathology. Please call our office if you do not have an appointment already.