

DISCHARGE INSTRUCTIONS

Center For Urology
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SURGICAL PROCEDURE: Robotic Assisted Supra-pubic Prostatectomy

INSTRUCTIONS:

1) No strenuous activity.

ie. = no exercise, heavy lifting, shoveling or sports, no grass mowing or riding a lawn mower.----- Walking is allowed (slowly).

2) Avoid constipation.

A stool softener has been prescribed (Colace). Take a laxative if necessary.

3) Take your pain medication as needed, but realize that this medication can cause constipation.

This medication can also effect your judgment and reflexes.

4) Continue to take your routine medication unless your doctor has advised you differently.

5) Do not take aspirin or aspirin type products.

If you were taking Plavix or Coumadin, ask your doctor when to re-start these medications.

6) Take your antibiotics as prescribed.

7) Avoid driving a car or riding in a car until seen in office.

8) You may shower, but do not sit in a tub or soak for extended periods for the next three weeks. Also do not rub or brush vigorously over the incision area.

9) If you are sent home with a tube (catheter) in your bladder, this will be removed in the doctor's office, approximately 7-10 days after surgery. Please call to schedule follow-up visit for catheter removal.

Please start your antibiotics the day before your appointment for catheter removal.

10) Call your urologist. He will want to see you in about 1 week.

Dr.

Office Telephone: 336-5320 232-2980

CALL YOUR DOCTOR:

If you develop fever or chills.

If you develop bleeding from the incision.

If you notice increased redness around the incision.

If part of the incision opens up or becomes more painful.

If your urine becomes bright red or if you start passing large clots.

If you are unable to void or no urinary output through your catheter.