



## **RADICAL RETROPUBIC PROSTATECTOMY**

### **DAY OF SURGERY**

**Day:** \_\_\_\_\_ **Date:** \_\_\_\_\_

#### **THINGS TO EXPECT TODAY**

- You will be transferred to a postoperative unit (POU) on a surgical floor from the Post-Anesthesia Care Unit (PACU). There are no telephones or TVs in the POU. The POU is a 4-bedded, co-ed room. Your nurses will closely monitor your condition.
- You will have a foley catheter in place for about 8 days.
- You will have a clear liquid diet.
- You will be on bedrest but can turn and position yourself for comfort
- You will have an intravenous (IV) for some medications including your pain medication.
- You may have a drain from the surgical site called a Hemovac
- You will have TED stockings on your legs to prevent inflammation (phlebitis) and the formation of blood clots (blood clot) in your legs.

#### **Things To Do Today**

Read the section in your information packet on "While in the Hospital."

#### **After Surgery:**

- Your nurse will ask you to rate your pain using a pain scale from 1 to 10.
- Use the incentive spirometer 10 times every hour while awake. Do coughing and deep breathing exercises every 2 hours.

## DAY 1 AFTER SURGERY

Day: \_\_\_\_\_ Date: \_\_\_\_\_

### THINGS TO EXPECT TODAY

- You will have a blood test done in the morning.
- You will be transferred to a room on one of the surgical units.
- You will be helped to get out of bed to sit in a chair and to ambulate.
- You may be given your usual diet.
- Your IV may be discontinued in the afternoon if you can tolerate your diet.
- Your IV pain medication antibiotic may be discontinued and changed to an oral form if you can tolerate your diet.
- Your drain may be discontinued.

### Days:

- Read the section in your information packet on “While in the Hospital.”
- Use the incentive spirometer 10 times every hour while awake. Do coughing and deep breathing exercises every 2 hours.
- If allowed, get out of bed with the nursing staff’s help. Try to sit in the chair. You may be helped to walk around the room and in the hallway.
- Take your pain medication as needed to enable you to increase your activity. Remember the nurse will ask you to rate your pain before and after taking it.

### Evening/Nights

- Review the “Going Home” section in your information packet. Make sure you read the section on “When to Call the Doctor.” Write down any questions so you can remember to ask them.
- Sit in the chair for dinner. Take a short walk in the hallway. Ask your nurse if your family can walk with you.
- Use your incentive spirometer 10 times every hour. Do the coughing and deep breathing exercises.
- The staff will be making evening and night rounds. If you need anything, please ask.
- You will probably be discharged tomorrow. Confirm transportation home. Discharge time is 10 a.m.

## DAY 2 AFTER SURGERY

Day: \_\_\_\_\_ Date: \_\_\_\_\_

### THINGS TO EXPECT

- You will be discharged today.
- You may have a blood test in the morning.
- Your drain will be discontinued if it was not on Day 1.
- The doctor and nurse will discuss the discharge plan with you. A social worker is available if needed.
- You can shower the day after discharge.

- Shower or wash up.
- Sit in the chair for breakfast. Eat as you can tolerate.
- Do you have any questions about resuming activities? When you need to return to the doctor? If so, write them down.
- Review the discharge plan with your nurse and sign it. Ask any final questions
- Find out when you need to return for a follow-up visit.
- Make sure you have any needed prescriptions.