

APPENDIX

Information for patients after robot-assisted radical prostatectomy

General advice

1. Wondering when that **catheter can come out**? Typically, 7–10 days after surgery.
2. Wondering why the **urine is leaking beside the catheter**? This is likely due to “bladder spasms,” which are **common** when a catheter is in and resolve on their own. Ensure that urine is draining into the urine bag.
3. Wondering when you can **return to work**? Typically, patients take up to 6–8 weeks off work, depending on the physical demands of the job.
4. Wondering when you can **shower**? You can shower two days after surgery. You can remove the bandages over the incisions before showering. Your catheter and bag are allowed to get wet.
5. Wondering when you can start **exercising**? Light walking is okay right after surgery for first few weeks. Hold off on any intense cardio until four weeks after surgery. Hold off on any lifting over 10 pounds until six weeks after surgery.
6. Wondering what to do if you need **urgent advice**? Call switchboard at the hospital to be connected through to the urologist on call. Typically, this is reserved for patients within a few days of surgery.

It usually takes patients about **six weeks** to make a **full recovery** from surgery. Let's review what's common and not common after your prostate surgery:

Catheter – Your urine may be pink, clear, or red-tinged from time to time. There may be little bits of tissue or sediment. There may be urine that escapes beside the catheter; this is all **common**. The most important thing is to ensure that urine is draining through the tube/catheter into the bag. If **no urine is draining**, your catheter may be blocked, and you should seek medical attention. The tip of your penis where the catheter comes out can be sore early after surgery; this improves each day.

Bladder – While the catheter is in, it is common for it to “**spasm**” from time to time. This is due to an unexpected or involuntary bladder contraction that results in **lower abdominal discomfort, a gush of urine drainage, and possibly urine bypassing or leaking beside the catheter**. These spasms are **common** and settle over time. They resolve once the catheter is removed. Ensure that urine is draining into the urine bag.

Millan B, et al. First Canadian experience with same-day discharge after robot-assisted radical prostatectomy

Head – Most patients are more tired than usual after surgery. It may take up to six weeks to get your full energy back. Sleeping more than usual is **common**, especially daytime naps. Fever or drenching sweats is **uncommon**, and you should let your doctor know or seek medical attention.

Chest – Unusual or new chest pain is **abnormal** after surgery. Please seek urgent medical attention if this happens.

Upper abdomen – Indigestion, bloating, and belching is **common** in the first few days after surgery. This should clear up once you start having regular bowel movements.

Lower abdomen – This is where your incisions are. It is **common** to have pain here, especially with movement, coughing, turning, or laughing. This gets better with time. There may be purple bruising here as well — also **common**.

Scrotum – This is the most **common** site of swelling and bruising. Don't be alarmed. This improves with time. You can try squeezing the scrotum gently with a cold cloth, which temporarily relieves the swelling.

Bowels – Your bowels will be slow after surgery. It's **common** to pass gas/flatus 1–3 days after surgery and to have your first bowel movement 2–3 days after surgery. Ensure you are drinking adequate fluids and taking a stool softener.

Sitting – This may be sore in the bottom area. This is **common** and will improve with time. It generally goes away once the catheter is removed.

Skin – Your incisions were closed with staples. These will be taken out at your next appointment, typically 7–10 days after your surgery. It's okay to shower two days after surgery.

Legs – Mild swelling of both legs equally is **common** after surgery. Moderate to severe swelling of one leg compared to the other is **unusual** and you should let us know about this right away.