

What to Expect After Surgery (*cont'd*)

- You will initially have ice chips followed by fluids and then diet as desired.
- Your intravenous is discontinued when you are drinking well.

Planning for Discharge

Following any major surgery, it is always a good idea to have a friend or family member available to help you for a few days to a few weeks as necessary.

You will need to see your doctor for a follow-up visit and arrange for transportation to that appointment.

You will be discharged with a urinary catheter that will be insitu for 3 weeks. Your doctor will remove it for you at your follow-up visit. Please bring an incontinent or sanitary pad, in the event you experience some urinary dribbling on the way home.

You will need to avoid heavy lifting, pushing, pulling, or any activity that could strain your abdomen for about six weeks.

For your general hygiene and comfort, showers are preferred over baths to promote healing. Avoid soaking the incision in a bathtub until complete healing has taken place.

No driving for seven days after surgery.

If you experience any of the following symptoms, call your doctor or clinic immediately, or report to the nearest Emergency Department:

- Excessive abdominal pain or swelling.
- Red, swollen, or draining incision.
- Feeling hot or feverish with a temperature over 38° Celsius.
- Prolonged nausea and vomiting.

If you have any questions, please do not hesitate to ask your doctor, nurse or any other member of the health care team.

Preadmission information for

Radical Retropubic Prostatectomy

This pamphlet was developed by the preadmission nurse clinician in consultation with the preadmission nurses, the surgical clinical resource nurses, and nursing unit staff.

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**Burnaby Hospital
Preadmission Clinic**

What is a Radical Retropubic Prostatectomy?

A *radical retropubic prostatectomy* is the surgical removal of the prostate gland through an abdominal incision.

Your hospital stay will be about 7 days.

At Home the Day Before Surgery

1. Do not eat or drink after midnight, unless advised by your doctor.
2. You will need to shave your abdomen as instructed by the Preadmission Clinic Nurse.
3. Take a bath or shower the night before and morning of surgery.
4. You may need to take a series of preventive antibiotics as ordered by your doctor.

In Hospital Before Surgery

1. You will have an intravenous started for fluid replacement and medication.
2. You will receive medications to reduce stomach secretions. You may also receive preventive antibiotics.

What to Expect After Surgery

- You will wake up in the recovery room.
- You will be asked to do postoperative exercises and use an *incentive spirometer* regularly.
- Your abdominal incision will be closed with staples which are removed by the nurse before you leave the hospital.
- Your incision is usually covered with a light dressing which the nurse checks frequently.
- A small drain is usually inserted near your incision to remove fluid. It is removed in 3-5 days.
- Your surgical pain is controlled by a patient-controlled analgesia (PCA) machine or by injections initially. You will later be given oral pain medications.
- Your nurse will assist you to get up the night of surgery.
- While you are in bed you will be instructed to turn from side to side and do postoperative exercises. The nurse or physiotherapist will help you increase your activity.
- You can use a pillow to support your abdominal incision and have the head of your bed up for comfort.