



da Vinci Prostatectomy Instructions After Catheter Removal

- ❖ Resume Kegel exercises and pelvic floor exercises the day after your catheter is removed. Start by trying to do 25 Kegel exercises three times daily for a couple of weeks and then gradually increase to 50 three times daily.
- ❖ Walk as much as you want and you may go up and down stairs without restrictions.
- ❖ No strenuous exercise or lifting > 10-15 pounds for 30 days from the date of surgery.
- ❖ After 30 days from surgery, **gradually** increase your activity and exercise level back to normal
- ❖ You may start driving after the foley catheter is taken out and if you are not having pain and taking narcotic pain medications. We would suggest going to a side road and see if you can step on the brake firmly and stop suddenly without hesitation or pain. If so, you may start driving. We would also suggest you start with short trips and gradually resume as tolerated.
- ❖ You will have incontinence (leakage of urine) for a while after the catheter comes out as we had discussed preoperatively. Initially, you will have a lot of leakage requiring diapers. This generally improves over time. Each individual is different in terms of how long it will take to regain complete urinary control. Do not get discouraged. It usually does improve, but it will take time and exercise therapy.
- ❖ You will probably notice blood in your urine or on your diapers/pads for 6-8 weeks after the surgery. Do not be alarmed. This is not unusual. There are sutures that were used in the surgery to sew the bladder and urethra back together. These will dissolve over time and may intermittently cause bleeding.
- ❖ You will probably experience increased frequency of urination, some burning sensation in the penis and some discomfort under the scrotum region for 8-12 weeks after surgery. This is generally related to the healing process from the surgery and will take time. Taking Aleve 1 tablet twice daily with food can help this discomfort. Avoid sitting on hard surfaces for extended periods of time. Sometimes, sitting on a heating pad or applying ice packs to the area will help as well.
- ❖ If you have a vacuum erection device, you may start using it 2 weeks after catheter removal.
- ❖ You may resume sexual activity after catheter removal.