



THINGS YOU MAY ENCOUNTER AFTER RADICAL PROSTATE SURGERY

- **Bruising and Blisters around the incision sites:** Not uncommon and should not alarm you. This will resolve over time.
- **Abdominal Distention,, Constipation or Bloating:**
 - ❖ The rectum and prostate are next to each other, try and avoid hard stools that require extreme straining to pass which can cause bleeding. You may strain normally to have a bowel movement, but refrain from very hard straining.
 - ❖ Initially, you will feel like you are constipated, but it probably is because your bowels are still waking up from surgery, bowel prep, pain meds, etc.. You will feel gassy and bloated and your abdomen may distend. If you have not had a bowel movement for 24-48 hours after surgery, try using MOM (Milk of Magnesia) 1-2 tsp every 6 hours as needed. If this ineffective, you may try 2 Dulcolax tabs or ½-1 bottle of magnesium citrate (both over the counter). A bowel movement every other day is reasonable.
 - ❖ If you feel gassy, bloated, try using Maalox/Gasex 1 tsp every 6 hours as needed.
 - ❖ You may take stool softeners (i.e. Colace, Surfak, etc.) as needed if you develop constipation.
 - ❖ A bowel movement every other day is reasonable. Use a mild laxative if needed and call if you are having problems. (i.e. MOM 2-3 tsp. Or 2 Dulcolax tabs). Patients sometimes develop diarrhea probably secondary to antibiotics. You may use Kaopectate as directed (avoid Imodium). Eating yogurt with active yeast cultures can help or probiotics which you can get over the counter. If it persists, please call. **DO NOT** over strain to have a bowel movement as this may break the sutures connecting your bladder and urethra which may require leaving your catheter in longer (3-4+ weeks).
- **Weight Gain:** Do not be alarmed. This is temporary due to the gas and fluid shifts from surgery. Your weight should start to normalize 2-3 weeks after surgery.
- **Scrotal/Penile Swelling and Bruising:** This is not abnormal and should not alarm you. It may appear to immediately after surgery or may start 4-5 days after surgery. Sometimes, your scrotal swelling may become as large as an orange or grapefruit. Again, DO NOT BE ALARMED. This normally resolves in about 14 days or so. Try elevating your scrotum with a small towel rolled up when you are sitting or lying down to decrease this swelling. It is also recommended to wear snug fitting underwear for support even with the catheter in place.
- **Bloody drainage around the catheter Foley catheter or in the urine:** Especially after increasing activity or a bowel movement, this is not uncommon. While this often appears to be alarming, it is not uncommon. Try decreasing activity for a while and push your fluids. This will help to improve the situation. As long as the catheter continues to drain, you do not need to worry. If the catheter stops draining, we need to hear from you immediately.
- **Leaking urine around the catheter:** You may have some urine that leaks around the tube--THIS IS OK. As long as the catheter is draining, you do not need to worry. However, we suggest wearing protective garments for protection/absorption.

- **Bladder spasms:** It is not uncommon with the catheter in place and even after the catheter comes out to have bladder spasms. You may feel mild to severe bladder pain or cramping in the lower abdomen with the sudden need to urinate or a burning sensation when you urinate. Call us if this persists without relief.
- **Lower legs/ankles swelling:** This is not abnormal if it occurs in both legs. Elevating your legs should help. Call us if the swelling occurs in one leg or if you experience pain in your calf.
- **Perineal Pain** (Pain between your scrotum and rectum)/**Testicular Discomfort:** Perineal/testicular discomfort may last for 6-12 weeks after surgery, but it will resolve. It is related to the surgery and generally does not mean that anything significant is going on. This is part of the healing process. Taking an anti-inflammatory (Aleve or ibuprofen) may help. Applying ice to the area may also help as well. After several weeks, taking warm baths maybe helpful. Your Kegel exercises may worsen this discomfort and you may have to discontinue or back off on the repetitions.
- **OUT OF TOWN PATIENTS:** Your hospital records will be sent to your Doctor whose name we have on file. Please notify us immediately of any complications when outside the St. Louis area, so we can be aware of the situation and can make recommendations to the treating physician who may not understand the circumstances of your surgery. Please tell your local physician to call the office if they should have any questions or problems.

PROBLEMS YOU SHOULD REPORT TO US:

- Fevers over 101.5 degrees Fahrenheit.
- Severe chills
- Severe nausea or vomiting
- **You will notice blood in and around your catheter and in the bag which is normal, but if the catheter becomes plugged and not draining, please call. You will also leak around the catheter, this is normal. It is okay as long as the catheter continues to drain between the leaks.**
- Swelling or calf pain in one leg
- Drug reactions (hives, rash, nausea, vomiting, diarrhea).
- **CALL IMMEDIATELY IF THE CATHETER FALLS OUT OR STOPS DRAINING.**
- **PLEASE FEEL FREE TO CONTACT US WITH ANY OTHER PROBLEMS OR QUESTIONS.**

CONTACT INFORMATION:

- ❖ Office (during office hours): 314-251-8850
- ❖ For after-hours EMERGENCY: 314-364-5220
- ❖ If it is a life threatening emergency please call 911 or go directly to your nearest Emergency Room.