

# Post-Catheter Removal instructions after Robotic Prostatectomy

Congratulations on having the foley catheter removed! **Here are some important instructions as you continue your recovery:**

1) It is normal to experience urinary leakage as the body continues to heal, especially when you stand up, get out of vehicle, bend over. The majority of patients will ultimately regain continence by 6-9 months. Use male guards such as those made by Depend or Assurance, and change them as often as you need to feel comfortable. Some men prefer the brief (underwear) type guard. These are available at most pharmacies such as Wal-mart or Walgreens and online.

2) It will be normal to experience urinary frequency (frequent urge to urinate), especially at night. **Do not** try to resist or try to hold your urine when this happens. Doing so puts unnecessary stress on the connection that was made between your bladder and urethra during surgery. We recommend going to the bathroom whenever you get the urge, no matter how frequent. In most patients, this feeling goes away with time and your bladder normalizes.

3) Restart your Kegel exercises! The most important thing is to do them consistently each day such as when you are sitting, watching TV, driving, etc. **Do not** do the Kegel exercises when you are urinating, however. Youtube has good videos on correct technique such as <https://youtu.be/HKNQx5EXHOU>

4) Medications – finish your antibiotics. Resume all home medicines.

5) Erectile Rehab - you will be prescribed Cialis or Viagra to take periodically each week **but do not engage in intercourse yet**; these are only to help promote blood flow to the penis and help in future potency recovery. Most insurances do NOT cover these pills; a coupon is available. Also Costco and Sam's Club tend to have very reasonable prices.

6) No exercise other than walking and no lifting > 15 lbs until Dr. Shah sees you next. Even though you may feel you are "ready" the incisions are still healing from the inside and exercise can predispose you to hernia formation.

7) Drink at least 8 glasses of water daily (for the next 1 week only) to help "flush out" any remaining bacteria in your urinary tract

Questions? Leave a message for Maxine Yazzie or Eimen Ung by calling the main cancer center number at 505-272-4946. They will speak to Dr. Shah and call you back promptly.