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 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 – depending on your individual situation, you may be prescribed sildenafil to help promote penile bloodflow and recovery of potency. 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 Anna Munoz, NP or Maxine Yazzie, MA by calling the main cancer center number at 505-272-4946. They will speak to Dr. Shah and call you back promptly.