**Pre-Operative Instructions for Open Radical Prostatectomy**

**Week prior to surgery:**

1. Avoid Aspirin and aspirin-like products such as ibuprofen, naproxen, Advil, Aleve, etc. for a minimum of 7 days prior to your procedure.
2. Blood thinners, medications such as Plavix, Warfarin or Coumadin, need to be stopped a week prior to your procedure. You will need to contact the physician that prescribed it to you to get approval and instructions on how to stop and resume the medication.
3. Arrange for an adult to be present during the surgery, hospital discharge and the following 24 hours.
4. The **WORK** **DAY** before your surgery call the Surgicenter at 312-413-7874 between 2PM and 4 PM to find out when to arrive at the hospital (keep in mind, the Surgicenter is closed on Saturdays, Sundays and legal holidays).
5. You are not to have anything to eat or drink after the midnight the day before your surgery.
6. Be familiar with the location of UIC Surgicenter: 1801 W. Taylor Street, Chicago, IL 60612.

**Day of surgery:**

1. Wear comfortable clothing. Shower before leaving home.
2. Arrange for someone do drive you to and from the surgery center.
3. Bring your CPAP machine with you if you suffer from sleep apnea.
4. Bring all medications currently prescribed to you in their labeled containers to the hospital.
5. Leave all valuables at home, such as jewelry, watches, cell phones, etc.

**Post-Operative Instructions for Open Radical Prostatectomy**

**General instructions:**

1. You will be generally discharged from the hospital within 2 days after surgery.
2. You may feel tired and weak after surgery. It is important that you gradually increase your activity to regain your strength.
3. A catheter will remain in your bladder to drain your urine for an average of 10-14 days. **Please do not attempt to remove this catheter on your own**. The catheter will be removed in the clinic. You may need to stay in in the clinic for a few hours after your catheter is removed to check urination. Bring extra underwear (shorts) and protective pads as urine leakage is common right after catheter removal.
4. You should NOT drive or operate machinery if the catheter is in place or if you are on pain killers.
5. Swelling and bruising of the scrotum and/or penis is common in the first weeks after surgery.
6. You may see some blood in your urine. Drink plenty of fluids to keep your urine clear. It is normal to have urine and blood leakage around the catheter.
7. Kegel exercises are discouraged while the catheter is in place.
8. You may resume your usual diet, unless directed otherwise by a physician.
9. Abdominal distention, constipation and bloating are common reactions after surgery. You may take stools softeners as directed by a physician.
10. You may shower and let soapy water run other the incision and catheter and pat them dry. Do not scrub the incision.

**Restrictions for the next 6 weeks after surgery:**

1. Avoid straining/pushing during bowel movements.
2. Avoid exercising or any strenuous physical activity (**but walking is encouraged!**).
3. Avoid taking baths or swimming until the skin is healed.
4. Avoid lifting anything over 10 pounds.

**Reportable symptoms that required immediate medical attention:**

1. Fever of 101oF or greater, large amount of smelly drainage from the surgical incision.
2. Nausea, vomiting, unrelieved abdominal distention and pain.
3. Catheter not draining urine.
4. Pain or swelling in one leg or calf.
5. Chest pain or shortness of breath.

**Clinic visits for the first year after surgery\***

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| **Time after surgery** | **Cancer check** | **Urine function** | **Sexual function** |
| 10-14 days | discuss pathology | remove catheter  start Kegel exercises | start erectile medications |
| 6-12 weeks | first PSA test | continue Kegel exercises  physical therapy as needed | erectile medications as needed  vaccum erectile device as needed |
| 6 months | second PSA test | as needed | as needed |
| 9 months | third PSA test | as needed | as needed |
| 12 months | fourth PSA test | as needed | as needed |

\* If you are travelling from a distance for surgery, you may follow this schedule with your local urologist.