

**Marc D. Colton, M.D.**  
**Gregg E. Zimmerman, M.D.**

Morris Urology P.C.  
*www.morrisurology.com*  
Phone: (973) 627-0060  
Fax: (973) 627-6821

*16 Pocono Road  
Suite 205  
Denville, NJ 07834*

*195 Route 46  
Suite 100  
Mine Hill, NJ 07803*

**INFORMATION ABOUT YOUR ROBOTIC  
PROSTATECTOMY**

You are scheduled for your robotic prostatectomy at Saint Clares Hospital on \_\_\_\_\_.

You will receive a telephone call the night before telling you exactly what time to arrive at the hospital. Driving directions will be provided.

**Pre-op**

Pre-Admission Testing: You will be called with the date and time of your pre-admission testing. You will take an oral bowel prep the day before surgery. Please refer to your bowel prep instruction sheet. You may drink clear liquids until midnight before surgery, but nothing by mouth after midnight.

Please refer to the PRE-OPERATIVE MEDICATION INSTRUCTION SHEET as to instructions for when to discontinue your medications and which medications may be taken on the morning of surgery.

**Day of Surgery**

The anesthesiologist will meet you prior to surgery.

In the operating room, you will meet the nurses who will be assisting in your care. These nurses are dedicated to robotic urologic surgery.

In the OR, there will be a lot of equipment, including the OR table, hanging OR lights, an anesthesia machine, hanging and standing video monitors, a robot (draped with a sterile gown), and the robot console.

Surgery is usually performed in 3-5 hours. Total OR time may be longer as anesthesia and normal OR procedures can take time. There is a waiting area for your family and friends just outside of the operating suites. The doctor will speak with your family in the consultation room there when surgery is completed.

### **Post-op**

When done in the OR, you will go to the recovery room for a few hours.

Extubation is generally done in the OR.

You will then be admitted to the Minimally Invasive Surgical Unit. The assistant at the desk in the family waiting room will inform your family of the bed assignment. You will see your family when you arrive to the regular floor.

When you awake from surgery, you will have:

5 or 6 little incisions on the abdomen

A Foley catheter draining from your penis

Intravenous lines on your arm or hand

Compressive booties on your legs

Your face and scrotum may be puffy – this does not hurt and it will go away within a day

### **Hospital Stay**

Most patients go home the day after surgery, rarely patients will stay a second night. The criteria for allowing patients to go home generally includes ability to ambulate, toleration of food and pain medicines by mouth, and demonstrated ability to care for the urethral catheter.

The drain and IV will be removed prior to discharge.

You are generally at bed rest immediately post-op, but are allowed to get up that evening, and are expected to ambulate the next morning.

You are expected to perform lung exercises with the incentive Spiro meter given to you upon arrival to the regular ward.

There will be some pain from the surgery, but this is generally easily controlled with various oral and intravenous analgesics.

You will be re-instructed on use of the leg bag for your Foley catheter prior to discharge.

You may have sips of liquids on the first evening if you feel up to it, and generally have regular food the following morning.

Most patients will not have a bowel movement while they are in the hospital.

### **Home**

The incision sites are closed with absorbable sutures that do not need to be removed.

You may shower when you go home, but you are advised not to soak in a bath tub or swim for 2 weeks.

Bacitracin or Neosporin may be applied to the tip of the penis at the site of the catheter daily.

It is not unusual for the urine in the bag to initially have pinkish or reddish tint to it.

You may feel bladder spasms and the feeling that you need to urinate while the catheter is in you.

It is normal at times to have some drainage or leakage around the catheter.

You may walk, climb stairs and ride in a car immediately upon discharge from the hospital.

No heavy lifting is permitted for 4 weeks post-op.

Driving is typically permitted after the 1<sup>st</sup> return appointment, as long as you are no longer taking pain medication.

At discharge you will be given prescriptions for:

1. pain medication
2. antibiotics
3. bladder spasms
4. stool softener

Please follow the instructions on the medication bottles.

### **Catheter Removal**

The catheter will be removed in the office 10 days after surgery. You will have some urine leakage after the catheter is removed. This is expected to improve significantly.

Kegel pelvic strengthening exercises can help regain urinary control.

Bring Depend undergarments with you to the appointment.

### **PSA Check**

The first postoperative PSA blood draw will be performed 1 month after catheter removal.

**Please do not hesitate to call our office should you have any questions or concerns. Call our office immediately should you experience bleeding, fevers, nausea, vomiting, and swelling of the legs or any other conditions you are concerned about.**