



UROLOCARE HOSPITALS

(Pty) Ltd. Reg. No/nr. 2001/005764/07

RADICAL PROSTATECTOMY

Home education

1. Adequate fluid intake to ensure straw-colour in urine
2. You may have a normal healthy diet at home
3. Avoid becoming constipated by increasing fibre in your diet
4. Avoid lifting heavy objects
5. Avoid driving a vehicle for 3-4 weeks
6. All strenuous activities must be avoided according to doctors orders
7. No sexual activities for at least 4 weeks post-operatively
8. Rest in the morning and afternoon
9. If you experience perineal discomfort, a soft ring cushion is available at the pharmacy, for you to sit on
10. Take your medication as prescribed
11. Attend your follow-up appointment to remove stitches and urethral catheter.
12. Contact your doctor or The Urology Hospital (after hours) if there is:
 - excessive blood in the urine
 - redness, swelling, offensive wound smell or odour
 - leakage of urine at the catheter due to bladder spasms
 - no urine drainage through the urethral catheter
 - fever

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