

Robotic Radical Prostatectomy

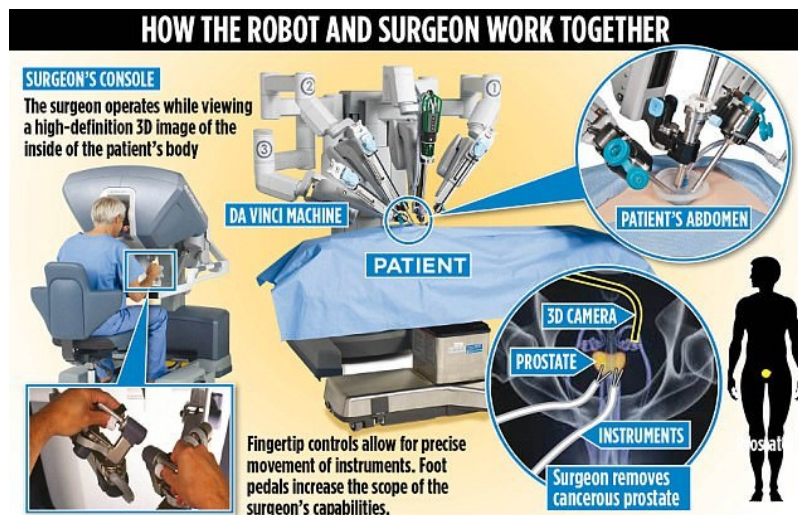
Definition

A Robot Radical Prostatectomy is a minimally invasive surgery to remove the prostate.

Procedure

After a general anaesthetic, key hole surgery is performed to remove the prostate. Subsequently, a small cut is made into the lower part of the belly to allow access to the prostate. The robot system is in full control of the Surgeon which translates their hand movements into smaller precise movements.

Patients will have a urinary catheter which is removed 1 week later.



Post-Operative Care

After an overnight stay in hospital, you will be discharged the following morning.

For the first 48 hours:

- Rest and avoid constipation by drinking lots of water to flush your kidneys and bowels (stool softeners not required).
- No driving or major activity/exercise for 2 weeks. Do not lift more than 2 kilos i.e. a 2-litre container of milk.
- You will require 2 weeks off work and driving. Avoid lifting, pushing, pulling or strenuous exercise for 2 weeks to aid recovery. You can then return on light duties for 4 weeks.

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Catheter Care - Absolutely NO flip-flo valves are to be used.

- The catheter is to be secured to the abdomen with a Stat-lock. Make sure that the catheter securing device is promptly reapplied if it comes off.
- The catheter is to remain on free drainage attached to a bag.
- Ensure the catheter piping does not become kinked.
- The catheter will remain in situ (in place) for up to 4 weeks.
- Yellow discharge around the catheter is very common. Small spots of blood around the catheter, in your urine and from the wound can also occur.

Common side effects include:

- Urine with a rose or pink tinge which should clear within 3-5 days post procedure
- Pain which can be managed with Paracetamol or Nurofen

Uncommon side effects include:

Seek medical attention through Toowoomba Specialists, your local GP or your local Hospital's Emergency Department. Note: If you take blood thinners, please DO NOT take any further doses until you have sought medical attention.

- Dark red or wine coloured urine
- Passing blood clots through your urine
- Fevers, chills, shakes or tremors
- Unmanageable pain

Discharge Planning

Patients can be discharged once reviewed by Dr Desai.

Please check with Dr Desai as to when to restart taking your usual medication and blood thinners.

Follow up

Please contact the rooms to arrange:

- Catheter removal - 1 week after procedure with Dr Desai
- Physiotherapist - 2 to 3 weeks after the procedure
- Dr Desai review - 5 weeks after the procedure (4 weeks after the catheter was removed).

For any concerns, please contact Toowoomba Specialists during business hours or St Vincent's Private Hospital Toowoomba after hours.