

HOSPITAL TO HOME

A RECOVERY GUIDE FOR PATIENTS AND THEIR FAMILIES

While you are here, we will work together to help you feel better and teach you how to manage your condition safely at home.

Tests you can expect during your visit include:

Vital Signs – Regular checking of your temperature, blood pressure, pulse and oxygen levels.

Blood Tests

The expected hospital stay after a Prostatectomy is 2 days (Laparoscopic) or 3 days (Open). You may be ready for discharge sooner depending on your condition.

The WRH MY CARE JOURNEY App helps YOU and your FAMILY:

- ✓ Know what to expect in the hospital
- ✓ Play an active role in your treatment
- ✓ Understand next steps in your care

FREE
and
EASY
to use

My CARE JOURNEY
DAY 1
How long will I stay?

Download the WRH My Care Journey App for more information on your stay and recovery

Available on the
App Store

ANDROID APP ON
Google play

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PROSTATECTOMY

A RECOVERY GUIDE FOR
YOU AND YOUR FAMILY

DAY OF SURGERY

- After your surgery, you will be monitored in the recovery room for 2 hours or longer, before moving to your room.
- When you arrive to your room, you will meet members of your care team. They are available to answer questions or address any concerns throughout your stay.
- Once you have arrived to your room, eating/drinking is allowed. However, it may take some time to regain your appetite.
- **Do not get out of bed without the assistance of a healthcare provider. Always call for assistance.**
- Talk to your care team about when it is safe to get out of bed and start moving around. If you need to use the bathroom, ask your nurse to assist you.
- Move your feet back and forth and in circles to improve circulation in your legs after your surgery.
- Doing Kegel Exercises will help with your recovery, your care team will give you instructions on how and when to do these exercises.
- Medication is given to reduce pain. If you are still uncomfortable, talk to a member of your care team.

DAY 1 & 2: RECOVERY

- Physical activity is an important part of your recovery and you are encouraged to participate in as much activity as possible.
- Take deep breaths, cough, and pump your feet and toes up and down every hour. These exercises help to prevent complications.
- Controlling pain is essential for your recovery. Let your care team know if your pain is not under control.
- Stool softeners and laxatives are given to help with constipation caused by the pain medication.
- Arrange for someone to bring you home in the morning on the day of discharge.

DISCHARGE DAY

- Review your discharge plan with a member of your care team. Make sure you understand next steps and discuss any concerns or questions.
- You will go home with a catheter and possibly a drain(s). Do not immerse the drain(s) in water and keep the area dry.
- Your care team will show you how to care for your wound, catheter and drain(s) at home, and give you instructions on how to switch your day drainage bag to your night bag.
- Your care team will provide information about caring for your incision and your dressing, including how to shower when you get home.

RECOVERY AT HOME

- Make an appointment to see your Surgeon (Urologist) and Family Doctor.
- Your catheter is not to be removed by anyone except for your Surgeon (Urologist).
- If there is no urine flowing through the catheter and your bladder feels like it is getting full, do not remove the catheter, seek medical attention immediately.

If you experience any of the symptoms below, you should seek immediate medical attention or go to the Emergency Department.

- Fever, chills, or temperatures of 38°C (101°F) or more
- Redness, swelling or warmth at the incision site
- Severe or increased pain at the incision site
- Bright red bleeding from the incision site
- Coloured or foul-smelling drainage from the incision site
- Shortness of breath or chest pain
- No urine flowing through the catheter and your bladder feels full
- Bright red blood in your urine or catheter
- Blood clots in your urine or catheter

If you have questions during your journey, ask!

