

PROSTATECTOMY FOR BENIGN CONDITIONS

WHAT IS THE PROSTATE?

The prostate is a gland sitting below the bladder in men. Its function is to help produce semen. Urine passes from the bladder through the centre of the prostate then down through the penis.

WHY DOES THE PROSTATE ENLARGE?

As men age the prostate gland increases in size. When this occurs the urethra narrows. This may cause difficulty in passing urine.

WHY DOES YOUR PROSTATE NEED TO BE TREATED?

1. To relieve the urine flow problems and to prevent complete blockage of urine flow
2. To prevent damage to the kidneys and the bladder that may occur if the blockage goes on for a long time.

WHAT DOES THE SURGEON DO?

The surgeon will make a cut in the lower abdomen. The prostate is opened and the internal part of the gland removed, allowing urine to flow freely. The prostate is then closed.

PRE ADMISSION CLINIC (PAC)

Before Surgery you will be required to attend the preadmission clinic where you will see the: Nurse, Urology Doctor, and anaesthetist. You may also need to have blood tests, a heart test and a urine test.

The purpose of this visit is to check your general health and fitness for the operation.

The Urology doctor will review and discuss your medications and advise you of medications to withhold prior to surgery. If you are unsure please discuss your medications with the pre admission nursing staff and urology doctor

WHAT SORT OF ANAESTHETIC CAN I HAVE?

The anaesthetist will discuss with you which type of anaesthetic best suits your needs. Any questions you have about your anaesthetic will be answered at your appointment

WHAT KIND OF PAIN RELIEF WILL I NEED?

Your surgeon and anaesthetist will decide which method of pain relief is to be used for you on the day of your operation.

Brochures regarding managing your post operative pain are available from the Pre Admission Nurse on request.



PELVIC FLOOR EXERCISES

These should be commenced pre-operatively to improve muscle control and therefore help with return of urine control after your surgery. Refer to Leaflet on Pelvic Floor Exercises.

DAY OF SURGERY

PLEASE REFER TO YOUR WESTERN HEALTH ADMISSIONS LETTER FOR DETAILS ON WHERE TO GO ON THE DAY OF SURGERY AND FASTING DETAILS.

WHAT HAPPENS TO ME AFTER MY OPERATION?

After the surgery you will have a dressing over the site. A drain tube will stop the blood building up under the wound, and will remain in place until it stops draining fluid.

You will have a catheter that will be removed when the drainage is clear. It will remain in for 3-4 days. In some instances your urinary catheter may stay in on discharge and removed at a later date. It may take several days or weeks for your bladder to return to normal upon catheter removal.

Your IV drip will be left in your arm until you are eating and drinking.

Please turn over



You will be given medication to relieve your pain.

It is common to have small injections to help prevent you from getting blood clots in your legs. You will wear special stockings (TEDS) to help the circulation in your legs.

HOW LONG WILL I BE IN HOSPITAL?

Usually about 4 days, until your drain tube and catheter are removed and you can pass urine independently.

It is usual to suffer frequency / urgency to pass urine and bleeding for 6-8 weeks during the healing period.

WHAT WILL HAPPEN WHEN I GO HOME?

- It is important to keep the site of your operation clean and dry.
- Your wound dressings are to stay intact for approx one week post discharge and the wound will be reviewed at your outpatient's appointment. If the dressings fall off prior to this, please apply another dressing to the wound or attend your local G.P.
- It is important to drink 2 to 3 litres of fluid a day to keep the bladder flushed, particularly if there is any bleeding
- Eat a high fibre diet. Take laxatives if needed to avoid constipation.

- You should take it easy and avoid strenuous exercise, including straining and heavy lifting, until after you have seen your doctor.
- You will not be able to drive a car for 4 to 6 weeks.
- If you have any questions about sexual activity, please discuss them with your doctor.

SEE YOUR LOCAL DOCTOR OR GO TO AN EMERGENCY DEPARTMENT IF:

- You are in excessive pain or bleeding with blood clots
- Your urine is cloudy or smelly
- You are unable to pass urine
- It is normal to have a small discharge from your wound but if it becomes red, swollen, hot to touch or painful, or if fluid leaks from it, you may have an infection.

This information leaflet contains important information to help you recover safely at home. This information is intended to support not replace a discussion with your doctor or health care professionals. Western Health accepts no liability for any information that may be perceived as misleading and directs you to your health professional.



UROLOGY SERVICE

OPEN PROSTATECTOMY FOR BENIGN PROSTATIC HYPERTROPHY (BPH) MARCH 2010

For more information please contact:

- Urology Bookings
8345 6019.
- Outpatients Department
8345 6490
- Admissions Footscray
8345 6490

- The Urology Nurse Consultant at
Western Health on 8345.6666

- Better Health Channel
www.betterhealth.vic.gov.au