**Post-Prostatectomy Instructions**

1. No sitting on hard benches. Have pillows under you.

2. No straining with bowel movements. Take 300 mg Colace (stool softener) or 30cc milk of magnesia by mouth. Do not use suppositories (nothing per rectum).

3. Walking is fine. Listen to your body; when you feel tired, take a rest.

4. Catheter should never have any tension on it. Always have slack on the catheter.

5. You may shower but do not bathe.

6. Do not take off the Steri-Strips on your wound the first week after surgery. They will fall off in the shower.

7. Keep catheter clean (yellow tube coming out of penis) with soap and water.

8. If you notice blood in your urine, drink more fluids (non-alcoholic beverages).

9. Do not fall asleep with leg bag on as it has a small capacity. Change to the over-night bag if you are going to sleep.

10. Wash the inside of the leg bag and over-night bag with one part white vinegar and three parts water, then rinse well with water.

11. For pain control, you may use Vicodin one or two tabs by mouth at bed time ONLY IF NEEDED. Vicodin is very constipating, therefore use as little as possible. Extra-strength Tylenol may be used during the day.

12. Do not drive for two weeks after your operation.

13. Bring a Depends for men with you when you have your catheter removed.