

About Your Prostate Surgery

Read your *About Your Prostate Surgery* guide for more information.

The day before your surgery

- ☐ Follow a light diet. A light diet includes things such as a small sandwich, eggs, toast, crackers, or soup.
- ☐ Drink 8 (8-ounce) cups of water.

At night:

- ☐ Shower with a 4% chlorhexidine gluconate (CHG) skin cleanser, such as Hibiclens®. Avoid your face and genital area.
- ☐ Give yourself a saline enema, such as a Fleet® saline enema.
- ☐ **Stop eating 8 hours before your arrival time, if you have not already.** Your healthcare provider may tell you to stop eating earlier. If they do, follow their instructions.
- ☐ 8 hours before your arrival time, do not eat or drink anything except these clear liquids:
 - Water.
 - Soda.
 - Clear juices, such as lemonade, apple, and cranberry juices. Do not drink orange juice or juices with pulp.
 - Black coffee or tea (without any type of milk or creamer).
 - Sports drinks, such as Gatorade®.
 - ClearFast CF(Preop)® or Ensure® Pre-Surgery clear carbohydrate drink.
 - Gelatin, such as Jell-O®.

The day of your surgery

Remember, starting 8 hours before your arrival time, do not eat or drink anything except the things listed above.

- ☐ **Stop drinking 2 hours before your arrival time.** This includes water.
- ☐ Shower with a 4% CHG solution skin cleanser. Avoid your face and genital area.
- ☐ Wear loose pants, brief-style underwear, and sneakers that lace up.
- ☐ Leave your valuable items at home.
- ☐ If you wear contacts, wear your glasses instead.
- ☐ Take only the medications you were told to take.



At home after surgery

- ☐ Follow a light diet until you have your first bowel movement (poop).
- ☐ Drink 8 (8-ounce) cups of liquids every day.
- ☐ Shower 24 hours after your surgery.
- ☐ Walk around every 2 hours while you're awake. Try to walk a total of 4 to 5 miles every day.

Caring for yourself

- **Incisions (surgical cuts):** Clean your incisions with soap and water every day. You may have some blood or fluid coming from your incisions. Change your bandages every day until there's no more drainage.
- **Abdominal (belly) and shoulder pain:** You may have pain in your abdomen and shoulder. If you do, walk around every 2 hours to reduce the pain.
- **Catheter:** You may have blood in your urine (pee) and some blood or urine leaking from the tip of your penis. Keep the tip of your penis clean and dry. Apply lubricating gel to prevent irritation.
- **Swelling and bruising:** Your penis and scrotum will be swollen and bruised. Raise your scrotum on a rolled towel when you're sitting or lying down. Wear brief-style underwear instead of boxers.
- **Constipation:** Take a stool softener every 8 hours with a glass of water until your bowel movements are normal. If you're passing gas and haven't had a bowel movement by the second night you're home, take MiraLAX®.

Fill out your Recovery Tracker

Remember to fill out your Recovery Tracker everyday by logging into your MyMSK account (our patient portal). Your healthcare team will review your responses to make sure your recovery is going as expected.

Contact information

If you have any questions or concerns, talk with a member of your healthcare team. You can reach them Monday through Friday from 9 a.m. to 5 p.m. at _____.

After 5 p.m., during the weekend, and on holidays, call _____. If there's no number listed, or you're not sure, call 212-639-2000.