

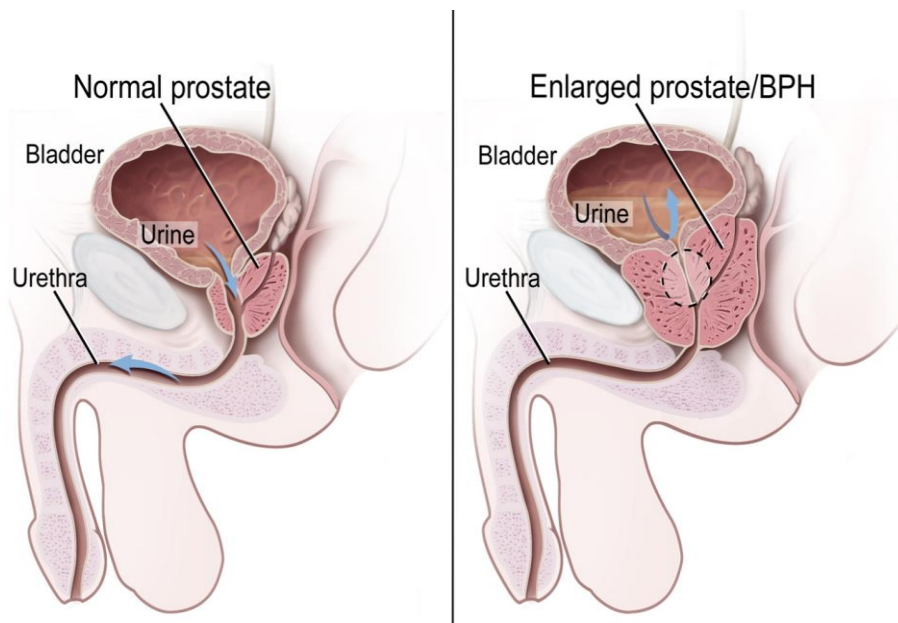


ISFAHAN MILAD HOSPITAL

Prostate surgery: Overview and care instruction

What is the Prostate?

The prostate is a gland located below the bladder that exists in all men. It gradually enlarges after the age of 50 and by pressing on the urinary tract causes difficulty in urination. If this condition is severe and does not respond to medication, after examination and initial evaluations such as ultrasound and sometimes cystoscopy, the doctor performs an open prostate surgery.



What symptoms are normal after prostate surgery?

After surgery, you may experience the following symptoms:

- Mild pain in the lower abdomen
- Blood and small clots in your urine for up to 3 weeks
- Frequent urination for up to 2 months

After removing the catheter, it is possible to experience:

- A burning sensation when urinating for up to 2 weeks
- Urinary incontinence

How should I care for the wound?

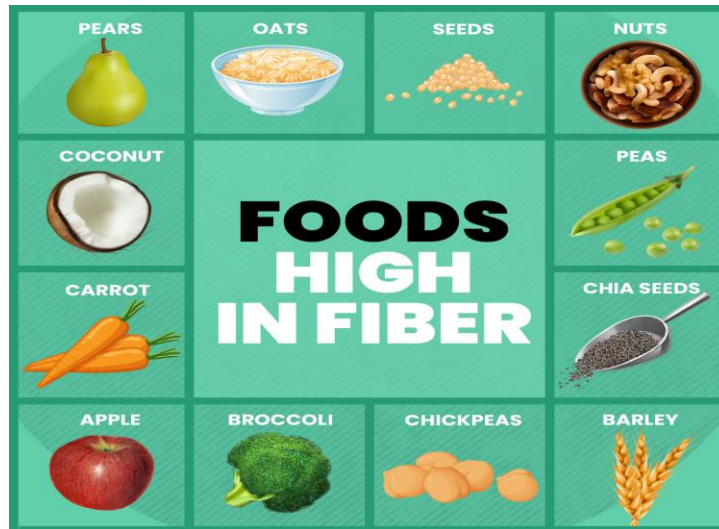
- Wash your hands with soap and water before changing the dressing.
- Change your clothes daily.
- Do not manipulate the stitches or the incision site.
- Check the surgical site daily for signs of infection:
 - Redness, warmth, swelling, or pain
 - Discharge of fluid, blood, pus, or bad odor

How should I care for the urinary catheter?

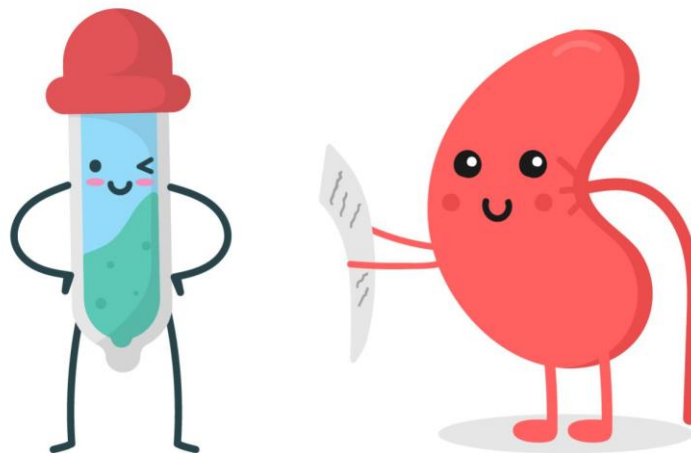
- Always wash your hands with soap and water before and after touching the catheter and the urine bag.
- Empty the urine bag every 3 hours during the day or whenever necessary.
- Do not manipulate the catheter.
- To remove the catheter, coordinate with your doctor and visit the clinic.

What care should I take after surgery?

- Do not engage in sexual activity until your doctor permits.
- Increase consumption of vegetables and fruits and prevent constipation.



- Avoid smoking and using hookah.
- Wear compression stockings to help prevent blood clots and reduce swelling in the legs.
- Your urine may be red for a few days. If you have no medical restrictions, drink at least one glass of water or other fluids every hour.
- Use oral antibiotics as prescribed by your doctor.
- You may have frequent urination, burning, and a feeling of needing to urinate for a few days, which will gradually improve after catheter removal.
- Avoid lifting heavy objects for 4 to 6 weeks after surgery.
- Take your medications regularly and as instructed.

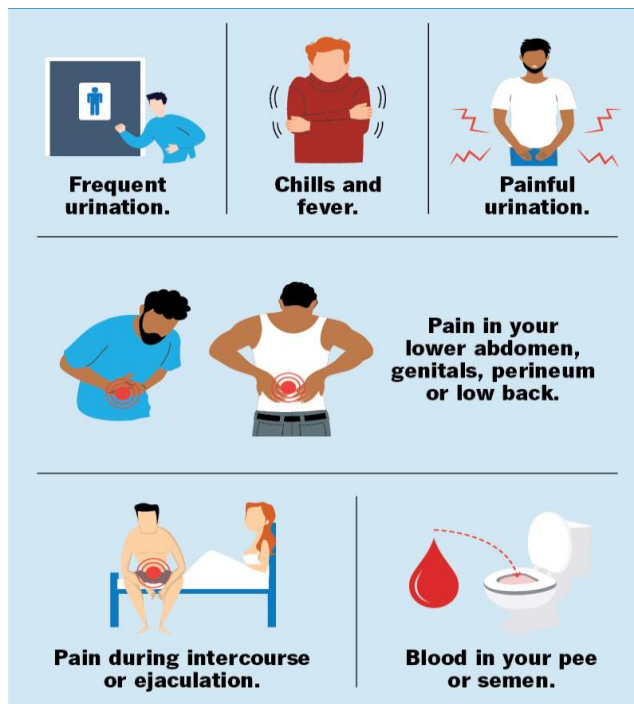


How should my activity be after surgery?

- Start your normal activities.
- Do not lift anything heavier than 4.5 kilograms (10 pounds).
- Do not sit in a car for more than one hour for up to one month after surgery.
- Avoid sitting for long periods; stand up and move at least every few hours.
- Drink enough fluids so that your urine is clear or light yellow.

When should I see a doctor?

- Signs of infection at the surgical site, urinary tract, or catheter area:
 - Redness, swelling, or pain
 - Purulent or bloody discharge
 - Bad odor
- Difficulty urinating
- Burning sensation during urination
- Urine leakage from the catheter site
- Constipation
- Fever



- Increasing pain
- Urine retention
- Catheter coming out unexpectedly
- Bright red blood or blood clots in urine
- Chest pain
- Shortness of breath
- Swelling or pain in the legs

Contact Information:

Address: Simin Junction, Janbazaan Street, end of Shahid Bakhshi Blvd.

Phone: +983135130000, Extension 772 (Patient Education Unit)