

**WHAT TO EXPECT**

- Blood-debris and small blood clots in the urine is common. Blood spotting in the stool and ejaculate is also normal. These symptoms can take a few days up to a few weeks to resolve.
- Mild burning on urination and increased urgency or frequency can occur for several days.
- You may experience discomfort in the rectum or base of the penis which is normal. You may apply ice or a cool compress to affected area to help with the discomfort.

**ACTIVITY INSTRUCTIONS**

- Anesthesia takes **24 hours** to wear off. No driving/operating heavy machinery during this time.
- Please REST and take it easy after surgery. Anesthesia can make you feel light headed and dizzy.
- Shower 2 days after your surgery. Soap and water, do not vigorously scrub. No submerging in tub baths, pools, hot tubs until cleared by your doctor.
- Increase your daily activity and exercise gradually as tolerated.
- Avoid any strenuous exercise or heavy lifting (greater than 10-15 pounds) for 2 weeks.
- Please consult your doctor on when you can resume sexual activity.

**DIET INSTRUCTIONS**

- Eat a light meal after surgery as anesthesia can make you nauseous. Nothing greasy or spicy.
- Resume your normal diet as tolerated.
- Increase your fluid intake and hydration (preferably water) over the next week.

**MEDICATIONS**

- Take Tylenol (500 mg every 6 hours) with Ibuprofen (600 mg every 6 hours). It is safe to take these together or alternate every 3 hours.
- If you were prescribed a narcotic medication for more severe pain, please take only as needed and do not drive while taking as it can cause confusion, drowsiness and constipation. Over the counter stool softeners are available if needed.

**CONTACT YOUR DOCTOR'S OFFICE IMMEDIATELY IF YOU EXPERIENCE THE FOLLOWING:**

1. Fever greater than 100.6F, severe chills, continued nausea or vomiting
2. Inability to urinate
3. Increasing amount of blood in your urine or very large blood clots
4. Significant bleeding from your rectum (rare)

*Please go to your nearest Hospital Emergency Department if you experience chest pain, difficulty breathing, or other emergency signs or symptoms.*



## SURGERY CENTER

Phone: (224) 612-7000

### FOLLOW-UP

- A CT scan will be scheduled a few weeks after your surgery to determine the exact position of each seed in the prostate. This is necessary to ensure that you received the proper amount of radiation throughout the prostate gland.
- Please refer to the Radiation Safety Officer Instructions that were provided to you for additional information and next steps.

**\*If you have any questions or concerns regarding your surgery (even after business hours or over the weekend), PLEASE CALL THE 24 HOUR ON CALL NURSE at 224-612-7000.**

*Please go to your nearest Hospital Emergency Department if you experience chest pain, difficulty breathing, or other emergency signs or symptoms.*