

Recovery following prostate surgery



Western Health

Lifting:

- Please avoid lifting after your operation for 6 weeks.
- Lifting that is required beyond your regular daily activities should be avoided. This includes mowing the lawn or heavier housework.
- If you are “straining” or holding your breath to lift, it is too heavy.
- Heavy lifting (such as shifting furniture) should be avoided for at least 12 weeks.

Fluid intake and wee:

- It is important to drink after your operation. Aim for 1.5-2 litres or 6-8 glasses per day. Do not restrict fluids.
- It may be tempting to toilet more often, but try **not** to go “just in case”. Go to the toilet when you need to.
- It is normal to wee between 4-6 times a day.

Constipation:

- It is important to avoid constipation and straining after your operation.
- Straining can weaken the pelvic floor muscles and put strain on your surgery site.
- To help avoid constipation please drink water and eat high fibre foods like fruit, vegetables, salads and wholegrain cereals. This will keep your stools soft and regular.

Rest and activity:

- A balance between rest and activity is important.
- In the initial 6 weeks aim to have a lie down rest each afternoon for 60-120 minutes.
- Avoid long periods of time on your feet for 6 weeks following your operation.
- Feeling tired, in addition to pain, can be a sign you need more rest.
- You may experience an increase of urinary incontinence as you become more active. This is normal.

Catheter (wee tube):

- **DO NOT** perform pelvic floor muscle exercises whilst your catheter is in place. Once your catheter is removed and you are emptying your bladder well you can restart the exercises. Stop if you have any pain and speak to your physiotherapist.

General exercise:

- Research has shown general exercise is important for recovery after prostate cancer surgery.
- Walking is the best exercise after your operation.
- You can commence gentle walking with your catheter in. Start with 5-10 minutes initially and build up slowly as you feel comfortable.
- Avoid sports that involve running, jumping or heavy weight lifting for 12 weeks.
- Please discuss returning to any specific exercise with your health care professional.

Return to work:

- Please ensure that you have allowed appropriate time from work.
- Occupations that include mostly seated work such as computer duties may sometimes return to work as early as 2 weeks after their operation.
- For more manual occupations such as working as a storeman or bricklayer, please allow at least 6 weeks from work. It is encouraged that you discuss the option of alternative duties with your employer prior to your operation, so your return to work can be safe and gradual.

If you have any queries regarding the above information, please contact your physiotherapist, prostate cancer specialist nurse or doctor.

Western Continence Service: Phone number 8345 1355

Interpreting services: Phone number 8345 7148

The **Australian Charter of Healthcare Rights** describes the rights of all people who use the Australian healthcare system. Copies of the charter in community languages are available near the main entrance of all Western Health hospitals, or ask a staff member or volunteer.

For more information, visit www.safetyandquality.gov.au/australian-charter-healthcare-rights



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