

## **Robotic Assisted Laparoscopic Prostatectomy**

### *Using the DaVinci Robotic System*

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#### **The Surgery:**

This is the same procedure we have already been performing for many years, with removal of the prostate and reconnection of the bladder to the urethra. Fortunately, we can now perform it laparoscopically, using a three- dimensional 10x magnified camera and tiny instruments through six dime sized incisions, as opposed to a large incision from the belly button to the top of the pubic bone. This allows for less pain, quicker recovery, less blood loss, excellent cancer control, and improved ability to preserve the nerves that cause erections.

#### **What to expect:**

Practically everyone who has the surgery will lose his erections for some period of time, up to eighteen months. Some patients will not recover their erections. Most will need some sort of assistance in achieving erections (medications like Viagra or use of the Vacuum Erection Device) so that although you can reach climax with sex, you will not ejaculate any fluid.

Practically everyone will lose urinary control for several weeks to a few months. You will wear absorbent pads until this returns. It is very uncommon to completely lose urinary control permanently. Rarely, this may require further surgical correction.

#### **Preparation for surgery:**

You will be given explicit instructions closer to the time of surgery regarding time to arrive at the hospital, proper diet, which medicines to take or not take, etc.

To increase the chance of having erections after surgery, you should receive an appointment with representatives of the company that sells the Vacuum Erection Device. This device has a cylinder attached to a pump that draws blood into the penis which will exercise the blood vessels of the penis to potentially improve erections later. The representative will instruct you on its use. Taking Viagra, Cialis, or Levitra a couple of times a week will help as well.

Kegel's exercises should be performed to aid in more rapid return of urinary control. These are performed by starting and stopping your urine stream (from muscles inside your pelvis). Once you figure out how to isolate and contract those muscles WITHOUT urinating, then squeeze then squeeze the muscles for ten seconds and relax, and repeat this over and over as often as you think about it. The more you exercise these muscles, the more quickly you may recover your urinary control.

**View the DVD and call with any other questions or make an additional appointment to further discuss issues if you wish.**