

Robotic Assisted Laparoscopic Prostatectomy (RALP)

What to expect on day 1 following your surgery

This leaflet contains information for patients who have undergone a robotic assisted laparoscopic prostatectomy (RALP) for prostate cancer at Lister Hospital. The purpose of this leaflet is to explain what to expect in hospital on the first day after your operation.

The steps described are designed to improve your recovery. It is important to us that all patients receive the highest level of care. If you have any concerns that steps may have been missed, please raise these with the ward nursing team, who can discuss them with the robotic team directly.

There is a separate leaflet that gives further information about what to expect in the days and weeks to follow: 'RALP - Information and advice for after surgery'.

Wards

After surgery, and following a short period in recovery, you will usually be on either Swift Ward, located on Level 5 of the Treatment Centre, or Ward 7B in the Main Tower Block on Level 7.

Visiting times are:

- Swift ward: 8am – 10pm, 7 days a week
- Ward 7B: 8am – 10pm, 7 days a week

Contact telephone numbers:

- Swift ward: 01438 288230
- Ward 7B North: 01438 285073
- Ward 7B South: 01438 285074

What will the doctors do?

You will be seen by the dedicated robotic team on the ward round in the morning, typically between 8am-9am. They will:

- review any events since the surgery.
- ensure all prescriptions are correct.
- ensure your blood tests are requested (you will have a blood sample taken by the phlebotomy team later in the morning to assess your blood count and kidney function).

- make a provisional plan for timing of discharge. Most patients will be discharged on this first day following surgery. This will be reviewed later in the day.

What will the nurses do?

- Switch you from the pneumatic calf compression devices to compression stockings on your lower legs.
- Administer your first blood thinning injection, typically at 10am. This is to prevent blood clots in the legs and lungs following surgery where you would have been immobile for several hours. You will then be shown how to self-administer these.
- Start your post-operative antibiotic tablets. These are precautionary to prevent infection.
- Give you a laxative (lactulose).
- If you have a drain (plastic tube exiting from the left side of your abdomen), this will likely be removed today.
- Switch your catheter drainage bag from one clipped on the side of the bed to a smaller bag strapped to your leg. The nurses will train you with looking after your catheter.

What can you do to help your recovery?

- Eating and drinking – as the day progresses, we would like you to build up to a soft diet.
- Getting out of bed – we encourage you to sit up out of bed and walk around the bed space as early as possible. It is a good idea to sit in the chair for your meals rather than remaining in bed.
- Pain relief – we would encourage you to take the regular pain relief offered by the nurses. A specific protocol has been developed; for most people this is oxycodone modified-release 10mg twice daily. If this is insufficient, additional pain relief is available. However, it's important to note that high doses of additional painkillers can slow down your bowels and therefore slow down your recovery.

What happens next?

- By mid-afternoon, a final decision on discharge will usually have been made by the robotic team in liaison with the ward-based doctors and nurses.
- If you need to stay in hospital, you will be made aware of this. You will be seen at least each morning by the robotic team during your inpatient stay.
- Further information on what to expect when you go home can be found on our separate information leaflet that will be provided to you prior to discharge (RALP - Information and advice for after surgery). You will likely have been sent an electronic version of this leaflet at the time of signing your consent form for surgery.

Useful contact details

East and North Hertfordshire NHS Trust:

- Website www.enherts-tr.nhs.uk
- Telephone 01438 314333

Swift Ward:

- Telephone 01438 288230

Ward 7B North:

- Telephone 01438 285073

Ward 7B South:

- Telephone 01438 285074

Leaflet information

**You can request this information in a different format or another language;
please speak to your doctor or nurse.**

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