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Post Prostatectomy Incontinence

After radical prostatectomy done for prostate cancer, incontinence, at least to begin with, will always be there for all the patients. However, with sustained pelvic floor exercises and concerted effort by the patient, vast majority of the patients will become continent.

Pelvic floor exercises: The muscles that are required to contract and stop the urine flow are called pelvic floor muscles. Training these muscles should start before the operation. Imagine that you are in a public place either you have to urinate urgently or pass flatus (gas). Imagine the muscles at the bottom of the body that you need to pull to stop this happening. These are called pelvic floor muscles

How to train pelvic floor muscles: Whenever it is possible, you pull the pelvic floor muscles (without any pressure in the abdomen)-- keep it till a count of 10 and then relax it.

You can do it any number of times in a day. This sustained effort will allow the pelvic floor muscles to become strong enough to stop urine leakage. This should become a lifetime habit

Instructions after prostatectomy: You start the pelvic floor muscle training (as described above) only after the catheter is removed. When you are at rest (not to do any activity) keep your muscles constantly trained. However when you are having any activity, say for example cough, sneeze, getting up, sitting down, turning the face to listen to somebody, bending forward etc you need to do the following steps.

Step A: Contract the pelvic muscles before the onset of the action

Step B: Keep the pelvic floor contracted during the action

Step C: Relax the pelvic floor after the action is completed

If you do as mentioned above, continence recovery will be quick and sustained and hence the number of pads that you require to protect the leakage will come down significantly.

Advice

1. **Static PFE**
2. **Active PFE**
3. **Water/Liquids 1-1.5 litre/day**
4. **T. Soliten 10mg (or) T. Mirabegron 50 mg --- once a day**

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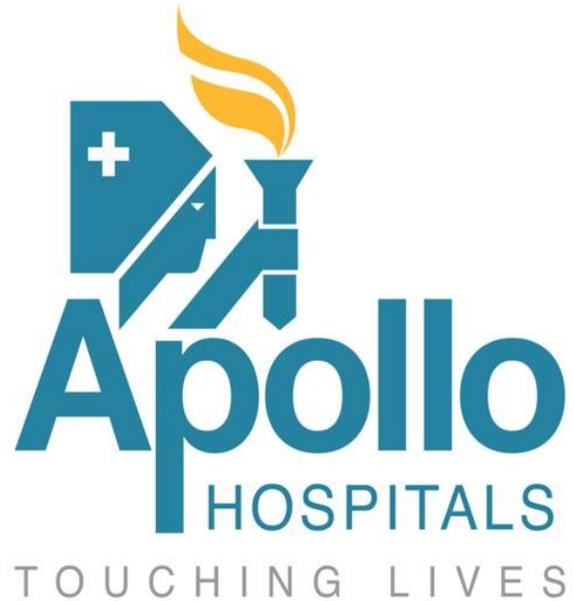
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5. **Periodic bladder emptying - 2-3 hours/day, 2-3 times/night (from the point of going to bed till getting up in the morning)**



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