

Contact Us



This pamphlet is designed for patient education. You should consult with your doctor before beginning any new exercise.

For additional information regarding this informational document, please contact us at:

MUSIC Coordinating Center
2800 Plymouth Rd. Building 16
Ann Arbor, MI 48109

(855) 456 - 2035
www.musicurology.com

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For questions about the Michigan Urological Surgery Improvement Collaborative, please contact us at musicurology@umich.edu



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4 - 6 weeks (cont.)

Support

Additional Support:

- Biofeedback - Specifically placed electrical nodes teach you to control the muscles that help reduce leakage.
- Electrical Stimulation - Low electric current aimed to strengthen the pelvic floor muscles.
- Medications - Reduce urge-related urinary leakage.

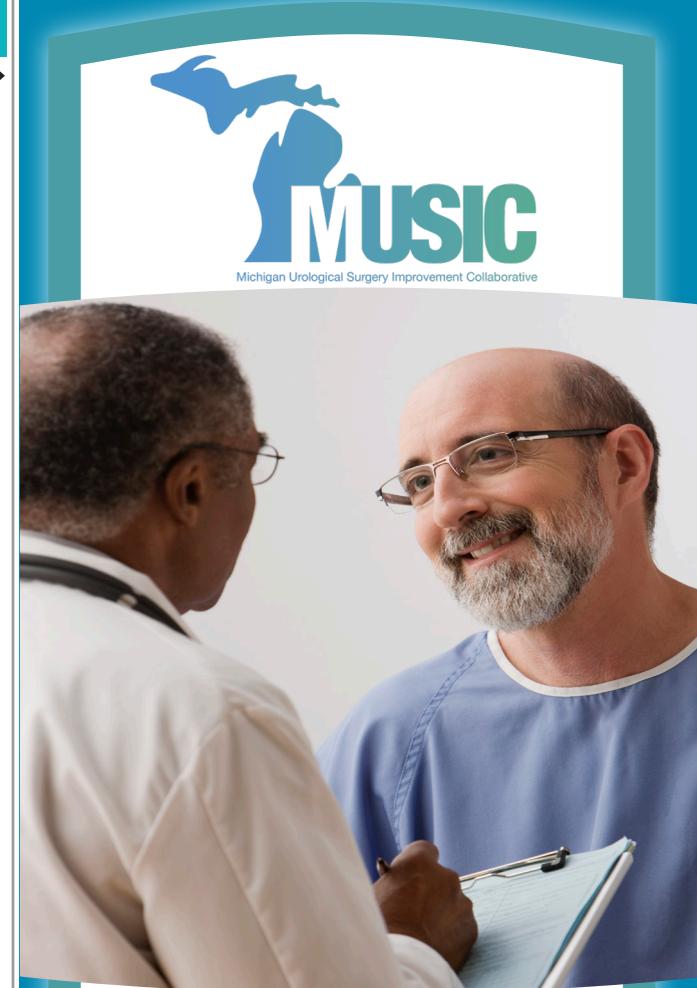
To find a Pelvic Floor Physical Therapist near you, please visit:

ask.musicurology.com

12+ months

When should you talk to your doctor about additional treatment?

- If you have urinary leakage 12 months after your prostate cancer surgery that is bothering you, talk to your doctor about other treatment options, including surgery to repair the leakage.



Regaining Urinary Control After Prostate Cancer Surgery

Day 0

1 - 4 weeks

1 - 4 weeks (cont.)

4 - 6 weeks

Moving Forward

Men who have prostate cancer surgery may have urinary leakage for weeks to months after the procedure. This is a sensitive issue, but men can help their own recovery.

How can I manage urinary leakage?

- Talk to your friends, family, and healthcare team.
- Limit caffeine, alcohol, and spicy or acidic foods.
- Protect your clothes with absorbent pads.



Kegel exercises are effective for those with urine leakage during coughing, sneezing, and normal physical activity.

Kegel Exercises

How soon should you start Kegel exercises after surgery?

- After the catheter is removed, about 1 week after the surgery, you can move more freely and begin your exercises.

Some doctors may suggest beginning Kegel exercises before surgery. Please talk to your doctor about when to start your Kegel exercises.

What are Kegel exercises?

- **Kegel exercises** help strengthen the pelvic floor muscles involved in urinary control and can help improve your recovery.

How to find your pelvic floor muscles?

- Pelvic floor muscles are found between the scrotum and anus.
- Locate them by trying to stop your urine midstream or preventing the passing of gas.
- When tightening these muscles, think of pulling them up and in.

Kegel Exercises

- Before starting, make sure your bladder is empty.
- **Goal:** Hold for 10 seconds at a time.

How to do Long Kegel exercises:

1. Tighten the muscles for 3-5 seconds, then relax them for 3-5 seconds.
2. Repeat 10 times.
3. If tired, rest for 30 seconds and switch to short kegels.

How to do Short Kegel exercises:

1. Tighten muscles for 1 second, then relax for 1 second.
2. Repeat 5 times.
3. Rest for 10 seconds.

Tips for Doing Kegel Exercises:

Where: You can do them while sitting, watching TV, reading, or driving.

When: Set up practice times.

What: Do both long and short Kegel exercises.

Goal: Eventually build up to 3 or 4 times a day for 5 minutes.

Pelvic Floor Therapy

- If your urinary leakage is improving but still present 4-6 weeks after surgery, your doctor may recommend a pelvic floor physical therapist to help resolve these symptoms.

Find Help Near You:

- Your doctor can refer you to a **pelvic floor physical therapist** near you.
- The therapist can help plan an individualized program.
- The physical therapist may use exercises and equipment to strengthen muscles involved in urinating.

Rehabilitation Exercises:

- Focus on strength and flexibility.
- Relaxation and breathing techniques.
- There are many core workouts that can help too.

