

## INSTRUCTIONS: POST BRACHY THERAPY or SEED IMPLANTS

### DIET:

1. It is okay to eat or drink whatever you want.
2. We encourage you to increase your fluid intake.

### ACTIVITY:

- Avoid heavy lifting for 5 days.
- It is okay to shower after discharge from the hospital. No baths until seen in follow-up.
- It is okay to climb stairs when discharged from the hospital.
- Walking is good exercise and it improves the circulation. Do not overdo it! Go easy at first and slowly increase the distance as you feel better.
- Avoid strenuous exercise for 5 days.

### DRIVING:

You may drive the day after your surgery if you are feeling okay.

### PAIN MEDICATION:

You will be given a prescription for Motrin, a pain medication, when discharged from the hospital. As your activity increases, you may experience increased discomfort. This is normal. Take your medication as directed.

### ANTIBIOTICS:

You will be given a prescription for antibiotics to take at home when discharged from the hospital. Please make sure you take all of your antibiotics.

### RETURN TO WORK:

You may return to work one week after surgery.

### SEXUAL ACTIVITY:

No restrictions.

### RADIATION SAFETY:

The radiation level of these seeds is very low and the majority of radiation does not get past the prostate. Any amount of radiation that does escape is so small that there is no risk. It is recommended that no children or pregnant women sit on your lap after brachy therapy.

### FOLLOW-UP:

Our office staff will call you to make an appointment in our office 1 - 2 weeks after your surgery.