

Kegel Exercises for Prostate Surgery

What are Kegel exercises?

Kegel exercises help strengthen muscles that help you control your urine flow. Doing Kegel exercises can help you prepare for, and recover, from surgery.

When do I do Kegel exercises?

You should begin your Kegel exercises right away. After surgery, you will have a catheter in place and should not do Kegel exercises until we remove it.

How do I do Kegel exercises?

You will exercise two sets of muscles when you do your Kegel exercises. You feel the first set of muscles when you tighten to stop a bowel movement or to stop urinating. The second set you feel when you empty the last drops of urine or when ejaculating.

You can tighten these muscles in steps. First, tighten the first set of muscles as if you are holding in a bowel movement. Then, tighten the other set as if you are trying to control your urine stream.

The first time you do the exercises, try doing them when you urinate. If you can stop your urine midstream, you are doing it correctly.

To do the exercise, hold both sets of muscles as tight as you can while counting to ten. Give yourself about 1 minute of rest afterward. Repeat this 6 times.

Do this set of exercises every day until your surgery, and then again after we remove your catheter.

Useful Tips

If you have any pain with this exercise, stop and call our clinic.

Do the exercises at bedtime so your muscles can recover while you sleep.

Tighten those muscles when standing from a sitting position or when lifting items throughout the day.

Questions

If you have questions, please contact our clinic at 801-587-4379 or message us through MyChart.