Robotic Assisted Laparoscopic Prostatectomy (Ralp)

What Is Ralp?

Robotic-assisted laparoscopic prostatectomy (RALP) is a minimally invasive surgical technique used to remove the prostate gland in patients diagnosed with prostate cancer. This advanced procedure employs the da Vinci Surgical System, which allows for greater precision, reduced recovery times, and enhanced outcomes.

Why Is Ralp Performed?

RALP is primarily performed to treat localised prostate cancer which has not spread to other parts of the body

We us the ***da Vinci* Surgical System** which allows our urologists to perform robotic assisted minimally invasive surgery using advanced instruments controlled via a console. The surgery is performed by your urologist, who guides the instruments in real time. The system translates hand movements into precise actions, allowing the tiny wristed instruments to bend and rotate with a greater range of motion than a human hand. Additionally, the da Vinci system provides highly magnified, 3D high-definition views of the surgical area, enabling operations through small incisions with enhanced precision and control.

Advantages Of Ralp

This procedure offers advantages over traditional open surgery and standard laparoscopic techniques. The procedure is **minimally invasive with enhanced precision,** resulting in:

- **Lower risk of:** Pain, scarring, blood loss and complications.
- **Reduced hospital stay**: Most patients can go home within a day or two after surgery.
- **Quicker recovery**: Patients typically experience less postoperative pain and a faster return to normal activities compared to open surgery.
- **Better functional outcomes**: Improved outcomes in terms of urinary continence and sexual function compared to traditional methods.

How To Prepare For Ralp

Preparation for RALP includes several steps to ensure a smooth procedure and recovery:

- **Medical evaluation**: You will undergo a thorough medical evaluation, including blood tests and imaging studies, to ensure you are fit for surgery.

- **Medications**: Inform your urologist of any medications you are taking, as some may need to be adjusted or paused before the surgery.
- **Fasting**: You will be instructed to fast for a specific period before the surgery.
- **Preoperative instructions**: Follow all preoperative instructions provided by your healthcare team to ensure you are well-prepared for the procedure.

What To Expect During The Procedure

- **Anaesthesia**: You will be given general anaesthesia to ensure you are asleep and pain-free during the surgery.
- **Incisions**: Your urologist will make several small incisions in your abdomen.
- **Robotic system**: The *da Vinci* Surgical System's robotic arms and camera are inserted through these incisions. Your urologist controls the system from a console, using hand and foot controls to manipulate the instruments.
- **Prostate removal**: The prostate gland is carefully removed, along with nearby lymph nodes if necessary.
- **Closure**: The incisions are closed with sutures or staples, and you will be taken to the recovery room.

Risks And Considerations

While RALP is generally safe, it is important to be aware of potential risks and complications:

- **Infection**: As with any surgery, there is a risk of infection at the incision sites.
- **Bleeding**: Although reduced, there is still a risk of bleeding during and after the surgery.
- **Urinary incontinence**: Some patients may experience temporary or permanent urinary incontinence.
- **Erectile dysfunction**: There is a risk of erectile dysfunction, though many patients recover function over time.
- **Anaesthesia risks**: Reactions to anaesthesia can occur, though they are rare.

After The Procedure

- **Immediately post procedure:** You will wake with a urinary catheter to help you urinate. This will usually be removed after one to two weeks. Any discomfort, which will be managed with pain medication.

- **Hospital stay:** Typically, you will stay one night in hospital. Most men resume light activities at

home the next day.

- **Recovery:** Follow your urologist's instructions regarding activity restrictions, wound care, and medication.
- **Follow-up**: Regular follow-up appointments will be scheduled with your urologist to monitor your recovery, discuss pathology results, manage any side effects, and address any concerns.

Why Choose Our Clinic?

We provide state-of-the-art robotic-assisted laparoscopic prostatectomy services. Our experienced surgeons are leaders in the field of urology, committed to delivering the highest quality care and ensuring the best possible outcomes for our patients

Contact Us

If you have been diagnosed with prostate cancer and are considering RALP, contact us today to schedule a consultation. Our dedicated team is here to provide you with comprehensive information and support every step of the way.