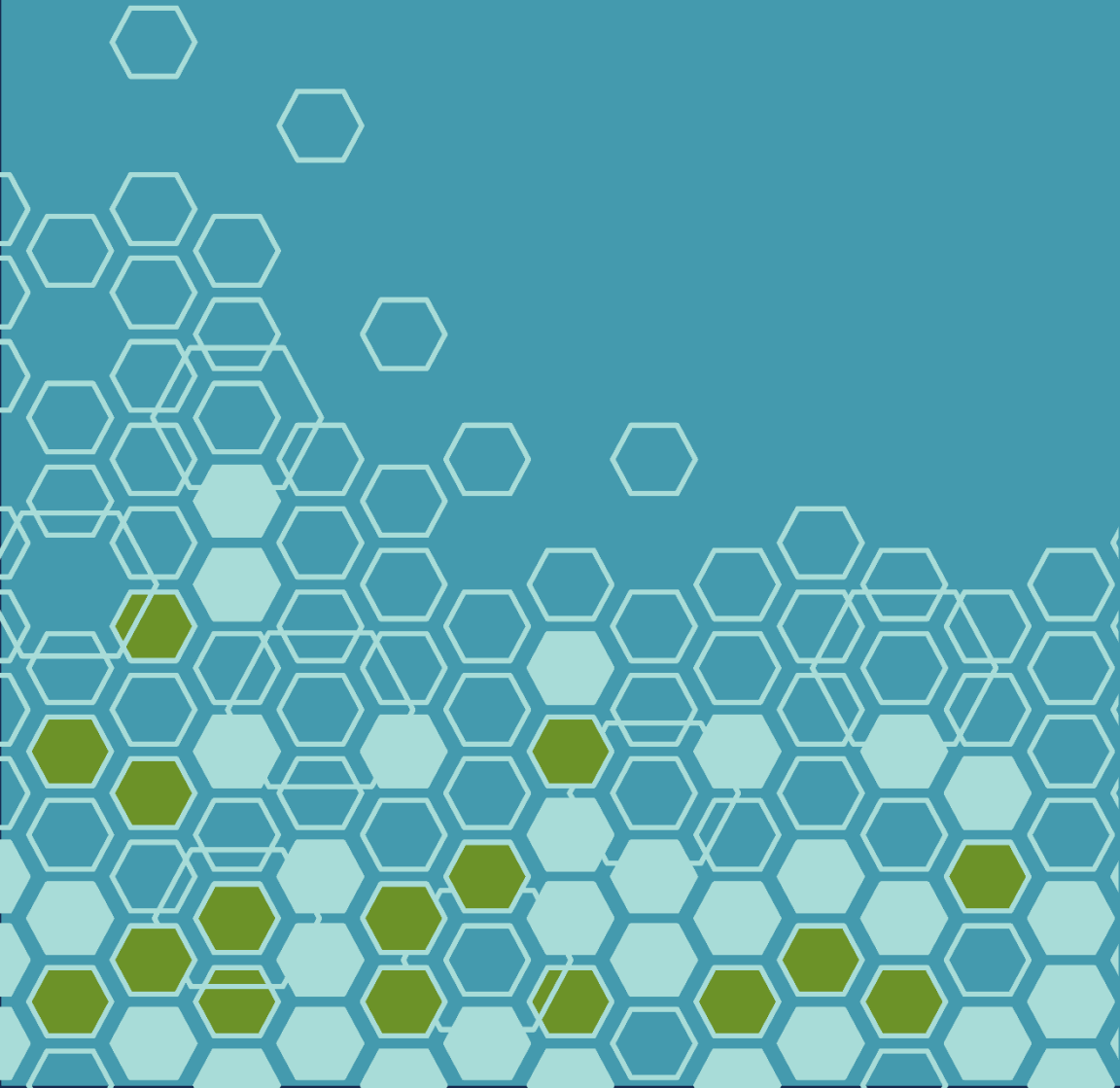


Regaining Bladder Control After Prostate Surgery

Patient Recovery Guide



Welcome to Your Recovery Plan

Urinary leakage after prostate surgery is common and expected. It is a normal part of the healing process.

Even with a successful procedure, the muscles and structures responsible for bladder control require time and structured rehabilitation to regain strength and coordination.

At our practice, continence recovery is proactive. We follow a structured, stepwise plan designed to support early muscle activation and recovery.

Pelvic floor rehabilitation begins early. In addition to guided exercises, we may incorporate structured neuromuscular activation therapy using an external device called **Elitone for Men**. This therapy provides controlled muscle activation to retrain the pelvic floor muscles.

In this guide, you will learn:

- What to expect after surgery
- Why leakage occurs
- How structured pelvic floor activation supports recovery
- What milestones we review at your follow-up visits

With a clear plan and consistent activation of the muscles responsible for bladder control, most men regain meaningful continence over time.

— Your Urology Care Team



Elitone for Men

The ONLY FDA-cleared, externally worn device used to activate the muscles that control continence, and help men recover faster from surgery.

Learn more at [elitoneformen.com](https://www.elitoneformen.com)

What to Expect After Surgery

Urinary leakage is common after prostate surgery. Most men experience some degree of temporary incontinence once the catheter is removed. This is a normal.

After Catheter Removal

You may notice:

- Leakage when standing or moving
- Dribbling with coughing, laughing, or lifting
- Increased urgency or frequency

The First 6 Weeks

Improvement is usually gradual. Many men:

- Use pads daily
- Notice better control earlier in the day
- Experience muscle fatigue by evening

Recovery is not necessarily linear. Some days will be better than others. Early pelvic floor activation during this period supports muscle retraining and aids recovery.

Follow-Up Milestones

It's important that you meet with our team throughout your recovery.

- **6 Weeks:** We assess progress and adjust your recovery plan as needed.
- **3 Months:** Many men have made significant improvement. If leaks persist, we continue to focus on optimizing conservative rehabilitation.
- **6 Months:** If leakage persists and has stopped improving, we may discuss additional interventions.

Q: Will I have to wear pads?

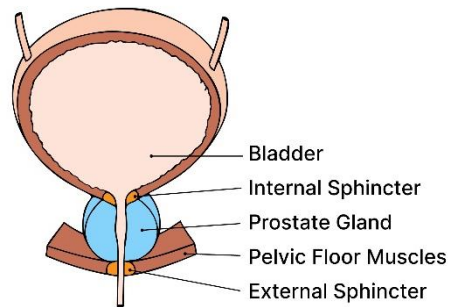
A: Many men use absorbent pads or guards during the early weeks after surgery. These can provide protection and confidence while your muscles are still recovering. Some men also use temporary devices, such as penile clamps, for specific situations like travel, work events, or exercise.

Why Leakage Happens

Bladder control depends on a coordinated system of muscles and nerves.

The pelvic floor muscles and urinary sphincters work together to hold urine in the bladder. When you cough, stand, lift, or move, these muscles automatically tighten to prevent leakage.

During prostate surgery, the prostate gland and internal sphincter are removed. Although every effort is made to preserve other structures, the muscles and nerves that control continence are affected.



After surgery:

- The external sphincter must take on more responsibility
- The pelvic floor muscles may be temporarily weakened
- Muscle coordination may be disrupted

As a result, the muscles may not respond quickly or strongly enough when pressure increases on the bladder. This can lead to leakage, especially during movement or activity.

Importantly, this weakness is usually temporary. Like other muscles in the body, the pelvic floor can be retrained and strengthened. However, recovery is not automatic. Muscles that are not activated consistently may take longer to regain strength and coordination. For this reason, structured muscle activation is an important part of the recovery process.

The Recovery Plan: A Structured Approach

Regaining bladder control after prostate surgery is a process. At our practice, we follow a structured recovery pathway designed to support early muscle activation and consistent rehabilitation. Rather than waiting passively for improvement, we guide recovery in stages.

Step 1: Early Muscle Activation

(Beginning around 3 weeks after surgery, as directed)

Once initial healing has occurred, we begin gentle pelvic floor activation. Early engagement helps retrain the muscles responsible for bladder control and supports neuromuscular coordination during the critical early recovery window. This phase may include:

- Pelvic floor muscle contractions (i.e., Kegels)
- Use of prescribed muscle activation device like FDA-cleared **Elitone for Men** when appropriate

Step 2: Consistent Daily Training

Muscle recovery requires repetition and consistency. Short, structured daily sessions reinforce neuromuscular re-education and help strengthen the pelvic floor over time. Daily training:

- Promotes stronger, more coordinated muscle response
- Supports gradual reduction in leakage
- Encourages steady progress between follow-up visits

Step 3: Follow-Up Milestones

We monitor your progress at key intervals. We evaluate pad usage, symptom improvement, and adherence to the recovery plan.

Adjustments are made as needed to support the best possible outcome.

Q: How long will recovery take?

A: Recovery timelines vary from person to person. Many men notice gradual improvement over several weeks, and continued consistency supports steady progress over time. Your doctors will assess your need for ongoing treatment at your 3-month follow-up.

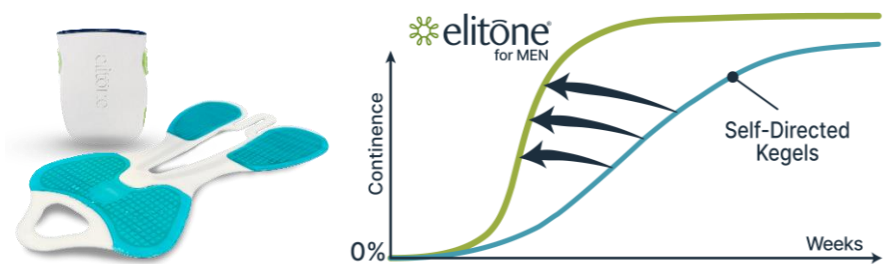
Enhancing Muscle Recovery

Although many men are instructed to perform pelvic floor exercises, it can be difficult to properly identify and activate these muscles early in recovery. Some men unintentionally tighten their stomach or buttock muscles instead. Others generate contractions that are too weak or inconsistent to effectively retrain the pelvic floor.

As part of your recovery plan, your doctor may prescribe **Elitone for Men**, an external, at-home device that helps activate and strengthen the muscles that control urination.

Elitone for Men is the first and only FDA-cleared, external device to help men regain bladder control after surgery, so you can get back to normal faster than with Kegels alone.

Elitone for Men is not a replacement for exercises or follow-up care. It is part of the comprehensive approach we use to support optimal continence recovery.



When used as directed, Elitone for Men can speed recovery.

Q: Is this optional?

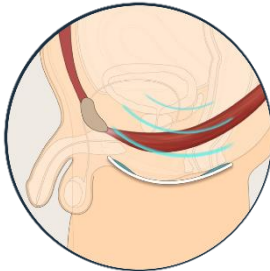
A: Use of Elitone for Men (as directed by your care team) is part of your recovery pathway. Our goal is to support your body's natural healing and optimize your return to bladder control. This therapy is introduced because early, consistent muscle engagement supports that process.

What Elitone for Men Does

Elitone for Men is a non-invasive therapy used to support pelvic floor recovery after prostate surgery. It uses gentle electrical signals to help your pelvic floor muscles contract and get stronger.



The device comprises a handheld control unit used to adjust the treatment intensity, and a thin, flexible GelPad that contacts the skin. GelPads are used 3+ times, with enough included to reach your 3-month follow up.



The GelPad is, positioned just behind the scrotum and extends toward the buttocks. When activated, it sends a therapeutic signal into the pelvic floor muscles, causing them to contract and relax.



The device is worn under clothing, so no one knows you're using it. It also allows you to move around during the 20-minute treatment. Typical use is 5x per week for 6-12 weeks.

Your care team will guide you through getting Elitone for Men and recommend a treatment schedule tailored to your recovery.

Learn more at elitoneformen.com

