

Post-Operative Instructions

PHOTOSELECTIVE VAPORIZATION of the PROSTATE VIA GREEN LIGHT LASER

Activity:

- Rest today, it is not unusual to feel sleepy or tired for a few days after your procedure.
- Do not drive or operate dangerous equipment for 24 to 48 hours following anesthesia.
- Take it very easy for 2 to 3 days. Do not engage in activities requiring heavy lifting, gardening, bicycling etc. for 30 days. This will increase the pressure your abdomen puts on the bladder, and may result in increased blood in your urine from dislodging a scab.
- Do not engage in any form of sexual activity for 4 weeks.

Diet:

- Begin with clear liquids, bouillon, dry toast, and soda crackers. If not nauseated, you may progress to a regular diet as tolerated. Greasy or spicy foods, and heavy meals are not advised.
- Avoid beverages containing caffeine because they may cause bladder spasms. Also, avoid carbonated beverages, citrus juices, and alcohol.
- Unless you have been advised to limit your fluid intake due to another medical condition, drink one (8 oz.) glass of water for every hour while you are awake, or about 64 oz. (2 liters) per day.

Medications:

- Take all medications as directed. Typical medications may include:
 - a. Antibiotics (prevents infection).
 - b. Non-steroidal inflammatory drug (reduces inflammation).
 - c. A drug to reduce bladder spasms
 - d. Mild over-the-counter pain reliever as needed. Do not take additional over-the-counter medications without consulting your doctor, first.

Catheter:

- You may need to wear a catheter to drain your bladder after the procedure. This catheter is usually removed within 24 hours - 72 hours.
- It is not unusual to have blood tinged urine or feel a slight burning sensation with urination, initially.

When to call the Physician:

- Fever is above 101.5° F and/or chills. A low-grad fever is common after any surgery with general anesthesia and is rarely due to infection.
- Excessive nausea, vomiting, inability to urinate or severe pain unrelieved with medication ordered.
- If you have bright red bleeding with a heavy clot(s).
- No urine (in the bag) for 4 hours (you may have the feeling to urinate but are unable to).

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If you need **IMMEDIATE ATTENTION**, such as difficulty breathing call 911 or go to the **NEAREST EMERGENCY ROOM**.

Patient or Authorized Person Signature
Date/Time

Date/Time

Nurse Signature