

GreenLight Laser Prostate Surgery

For patients having surgery to treat Benign Prostatic Hyperplasia (BPH)

Read this brochure to learn about:

- How to care for yourself at home
- How much activity is safe to do
- How to cope with pain
- What problems to watch for
- When to see your doctor again



You have had an anesthetic or narcotic medicine.

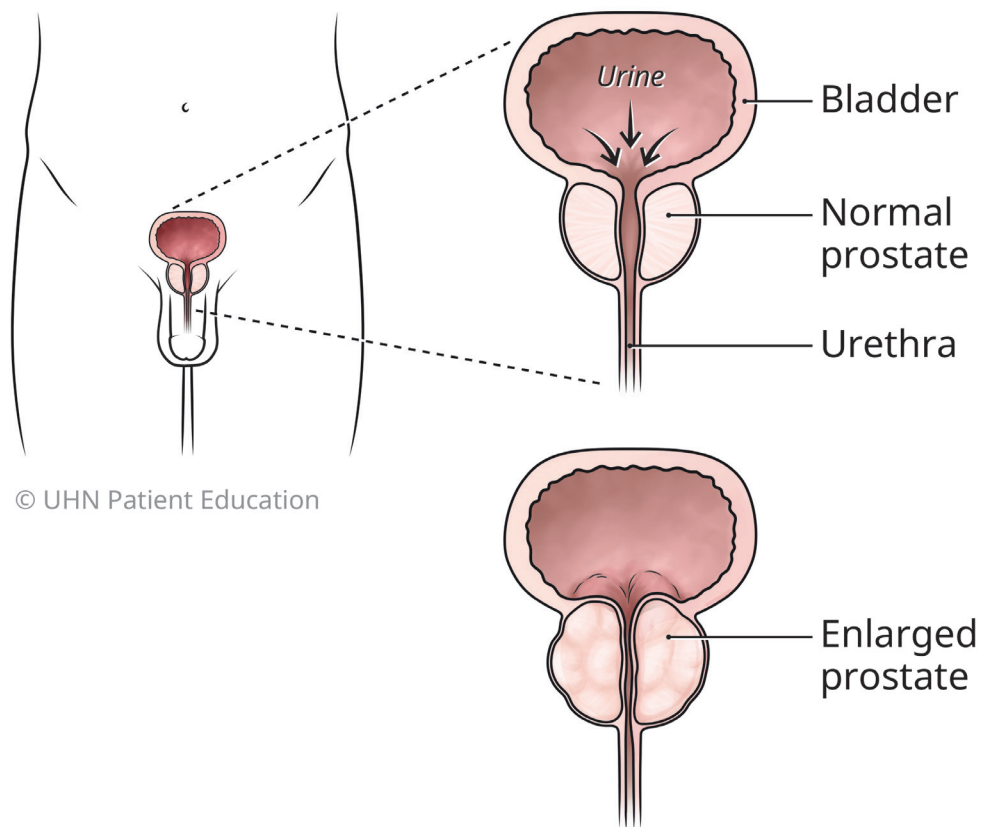
- Do not drive a car or drink alcohol for 24 hours.
- Have a responsible adult stay with you overnight.



What is Benign Prostatic Hyperplasia (BPH)?

The prostate is a gland that surrounds your urethra where your urethra meets your bladder. As you become older, the prostate can get bigger. This is common in men over the age of 50.

Sometimes, the larger prostate presses down or blocks the urethra, making it harder for you to pass urine or completely empty your bladder. You may find yourself urinating often or having a weak or slow urine stream.



What is GreenLight Laser surgery?

The surgeon uses a high-energy laser to vaporize some of the tissue blocking the prostate. This opens the prostate to let urine flow more easily.



What can I eat and drink after my surgery?

You can eat and drink what you normally would. Start slowly by having fluids and soups on the day of the surgery. Then return to your normal diet the next day.

If you feel nauseated (sick to your stomach) or you are vomiting, you can get anti-nausea medicine such as Gravol. You can buy it from your pharmacy without a prescription.

Take the anti-nausea medicine as directed and drink liquids until the nausea passes. Then slowly start to eat what you usually eat.

What if I am constipated?

To avoid constipation and straining during bowel movements, eat foods high in fibre (such as whole wheat, bran, fruits and vegetables).

Drink only about 3 to 5 glasses of water every day. Each glass should be about 8 ounces (250 ml). This will help you feel less burning when you urinate.

Do not strain when you have a bowel movement. Straining can cause bleeding in your bladder.

If you have not had a bowel movement for 72 hours, take Milk of Magnesia by following the directions on the bottle. You can buy it from your pharmacy without a prescription.

We may give you a prescription for a stool softener (for example, Colace or Senokot). Take it as directed.



How much activity is safe?

- Go home and rest the first day.
- Return to your usual activities slowly. Usually you can do most of your usual activities after 1 week.
- You can take walks after 1 week.
- Complete healing may take about **4 to 6 weeks**.



Sexual activity

- Do not have sex for 2 to 3 weeks.
- You may have problems ejaculating. Your semen might flow into the bladder instead of the penis (retrograde ejaculation). This is common and not harmful.

For the first 3 to 4 weeks after your surgery:

- Do NOT lift anything more than 10 pounds (5 kilograms). For example, do not carry groceries, small children or pets.
- Do NOT do heavy exercise or activities such as shoveling snow, gardening and cutting grass, jogging, golfing or skiing.
- Do NOT swim.
- If you are taking long car trips, make frequent stops to urinate and take breaks.
- Your surgeon will tell you when you can return to work, play sports and drive a car.



When can I shower or bathe?

You can take a shower 24 hours after your surgery. You can shower even if you have a Foley catheter.

How do I care for my Foley catheter?

You may go home with a Foley catheter which was inserted into the penis during your surgery. Having a catheter means you will not have to use a toilet or urinal to urinate.

- A catheter is a thin tube that drains urine from your bladder into a catheter bag.
- A small balloon on one end of the catheter holds it in place inside your bladder.
- Do NOT pull at your catheter and do NOT pull it out.
- Urine coming out of the catheter may be pink because of blood from your prostate mixing with urine. This is normal and should get better with time.

The nurses will give you the supplies you need to care for the catheter at home and any specific instructions.

To learn more read 'How to Care for a Foley Catheter After Surgery'.

The nurses in the Day Surgery Unit can give you this pamphlet or you can find it on www.uhnpatienteducation.ca.

When is the catheter removed?

Your surgeon will let you know how long you will need to have the catheter in place. Usually it is taken out the day after your surgery.

The catheter may be removed by the nurse providing care to you at home from the Local Health Integration Network (LHIN). Or, your surgeon may take it out at your first follow-up visit.

What to expect when the catheter is removed

After the catheter is removed, you may notice:

- **A need to urinate often** that should improve within 2 weeks.
- **A burning feeling when you urinate** may last for 3 to 4 weeks.
If the burning increases after the surgery, or you have burning with a fever, this may be a sign of an infection. Call your surgeon or family doctor right away.
- **Pink coloured urine and some blood clots.** This is normal and should go away in 7 to 14 days.

Pink urine may last longer if you take blood thinners (such as Aspirin, Coumadin or Plavix). Your doctor may ask you to stop taking these medications until the prostate heals. Always follow your surgeon's instructions.

- **Small pieces of tissue in your urine.** This is a normal part of healing that usually gets better in 4 to 6 weeks.
- **Some leaking of urine.** This is common and will go away. You may need to wear a protective pad until this passes.

These things usually get better as you recover. Continue to drink 3 to 5 glasses of water to flush out your bladder and improve any symptoms you have.



How do I cope with pain?

You may have pain and discomfort. This is normal and should get better with time.

We may give you a prescription for pain medication. Take the prescription to a pharmacy to get it filled and follow the directions on the bottle.

Or, you can take acetaminophen (Tylenol Extra Strength) if needed. Follow the directions on the bottle.

Having a catheter in place may cause bladder spasms. Bladder spasms give you an uncomfortable feeling in your lower stomach area or they make you feel like you have to urinate. This is normal. We may give you a prescription to relieve these spasms. Take the prescription to the pharmacy and follow the directions on the bottle.

Other medications

We may give you a prescription for antibiotics.

Take the prescription to a pharmacy to have it filled and follow the directions on the bottle. **Take all the antibiotic medications until completely finished.** Do not stop taking them unless your surgeon tells you differently.



If your skin gets red, itchy or you develop hives, **STOP** taking the antibiotic and call your surgeon right away.

Continue taking your prostate medication until your follow-up appointment.



Problems to watch for

Call your surgeon or go to the nearest hospital emergency department if you notice these problems.

Bleeding:

- A lot of blood in your urine. Your urine is more red than usual or you see many large blood clots in your urine lasting for more than 24 hours.

Fever:

- A fever (temperature higher than 38 °Celsius or 101 °Fahrenheit) or you have chills.

Unable to urinate:

- You cannot pass urine completely.

Pain:

- Pain in your abdomen (where your bladder is) or on your sides near your kidneys.

Feeling of fullness:

- Your bladder feels full and this feeling does not go away after you urinate.

Your follow-up appointment

If you do not have a follow-up appointment, please call your surgeon's office to make one.

Date: _____ Time: _____

- ☐ Dr. Elterman Phone: 416 603 5800 ext. 5033
Main Pavilion – 8th Floor (Room 317)
- ☐ Dr. Hassouna Phone: 416 603 5018
Main Pavilion – 8th Floor (Room 306)
- ☐ Dr. Radomski Phone: 416 603 5713
Main Pavilion – 8th Floor (Room 304)
- ☐ Other _____

- ☐ Cystoscopy Department
East Wing – 4th Floor



Special instructions for you

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www.uhn.ca or www.uhnpatienteducation.ca

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