



SURGERY CENTER

Phone: (224) 612-7000

GREENLIGHT LASER PHOTOVAPORIZATION OF THE PROSTATE DISCHARGE INSTRUCTIONS

WHAT TO EXPECT

- Blood in the urine, small blood clots, mild burning, increased urgency and frequency is normal. These symptoms gradually improve over the next few weeks.

ACTIVITY INSTRUCTIONS

- Anesthesia takes **24 hours** to wear off. No driving/operating heavy machinery during this time.
- Please REST and take it easy after surgery. Anesthesia can make you feel light headed and dizzy.
- It is ok to shower the day after surgery.
- Resume normal activity and exercise the day after surgery if you are feeling well.
- Avoid strenuous activity or heavy lifting (greater than 10-15 pounds) for 2-4 weeks.
- No sexual activity for at least 2 weeks. Please consult your doctor on timing.

DIET INSTRUCTIONS

- Eat a light meal after surgery as anesthesia can make you nauseous. Nothing greasy or spicy.
- Resume your normal diet as tolerated.
- Increase your fluid intake and hydration (preferably water) over the next week. This will help clear up your urine quicker and prevent blood clots.

MEDICATIONS

- Take Tylenol (500 mg every 6 hours) with Ibuprofen (Motrin, Advil etc.) 600 mg every 6 hours. It is safe to take these together or alternate every 3 hours.
- If you were prescribed a narcotic medication for more severe pain, please take only as needed and do not drive while taking as it can cause confusion, drowsiness and constipation. Over the counter stool softeners are available if needed.
- If you were prescribed an antibiotic, please take as directed until finished.

FOLEY CATHETER

- You may have a Foley catheter placed at the end of the surgery. This will limit bleeding and avoid any urinary issues in the immediate recovery period.
- A nurse will show you how to take care of the catheter at home. Your doctor will determine how long the catheter will be in place and when it will be removed.

CONTACT YOUR DOCTOR'S OFFICE IMMEDIATELY IF YOU EXPERIENCE THE FOLLOWING:

1. Fever greater than 100.6F, severe chills, continued nausea or vomiting

Please go to your nearest Hospital Emergency Department if you experience chest pain, difficulty breathing, or other emergency signs or symptoms.



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2. Severe pain that doesn't go away with pain medication
3. Increasing amount of blood in your urine or very large blood clots
4. Inability to urinate

FOLLOW-UP:

- Call your doctor's office to schedule a follow-up appointment (if not already scheduled).

***If you have any questions or concerns regarding your surgery (even after business hours or over the weekend), PLEASE CALL THE 24 HOUR ON CALL NURSE at 224-612-7000.**

Please go to your nearest Hospital Emergency Department if you experience chest pain, difficulty breathing, or other emergency signs or symptoms.