Post-operative Care Following Green Light Laser Prostatectomy

You must not go home by yourself. Patients must be escorted home by a responsible adult and must remain in their care overnight and where possible 24 hours after the procedure. Do not drive or operate dangerous equipment for 24-48 hours after the procedure.

- Follow your doctor’s instructions.
- You will have a catheter to drain your bladder after the procedure. The catheter is usually removed in hospital within 24-48 hours.
- Decrease your intake of beverages containing caffeine, citrus juices, or alcohol because they may cause irritation to the bladder.
- Aim to drink about 1.5L of fluid a day to flush out your bladder
- Activity level
  - Rest for 2-3 days. Keep physical activity to a minimum. Short walks are safe.
  - Do not engage in activities requiring heavy lifting, gardening, bicycling, golf etc. for 2 weeks.
  - Sexual activity can be resumed after 2 weeks, providing this is comfortable.
- Take all medications as directed including mild over-the-counter pain reliever as needed e.g. Paracetamol.
- You may experience mild discomfort such as burning and stinging during urination and small amounts of blood in your urine for a week or so. You may take a urinary alkalizer e.g. ural to help with burning pain when passing urine.
- The urge and frequency to urinate may increase after surgery however this should resolve in 2-3 weeks.

Report any of the following to your surgeon:

- Temperature above 38
- A constant and excessive pain even after taking painkillers
- A lot of discharge around your penis and or accompanied by urine with an unpleasant odour
- If you continuously have a large amount of blood with clots in your urine
- If you cannot pass urine or feel full even after passing urine
- If you develop pain and are unable to pass urine

Contact details if you have questions when you are at home:

- Urology nurse: 8415 1915 (during business hours)
- Your surgeon
- Ward 1 East: 9483 3602