

Affiliates in Urology

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Instructions for Patients Undergoing Laser Vaporization of the Prostate

BEFORE THE PROCEDURE: Call your doctor if you develop a cold, infection or fever or develop other medical problems. The night before your procedure, you may eat and drink as usual. However, do not take anything by mouth after 12:00 midnight the night before. Wear comfortable, loose-fitting clothing on the day of your procedure. Bring a list of all the prescription and nonprescription medications that you take regularly with you on the day of the procedure.

Please plan to arrive on time! You will be asked to arrive at a specific time BEFORE your procedure to allow preoperative preparation. Remember that you will need to spend some time after the procedure to recover from anesthesia prior to being discharged.

Arrange for transportation home; you may not drive or operate dangerous equipment for 24 hours after the procedure.

MEDICATION: The anesthesia team will call you before your surgery date to review what medications you need to take on the day of the procedure. Please take the medications as prescribed by your doctor. Finish the entire antibiotic prescription. Take pain medication as directed by your doctor. Tylenol or nonsteroidal anti-inflammatory medications (such as Aleve® and Ibuprofen) should relieve mild pain and discomfort. Resume the usual medications you took before surgery unless instructed otherwise. Do not take blood thinners for 1 week prior to the procedure OR as directed by your physician.

ACTIVITY: Take it easy for the first 48 hours after the procedure. Do not drive or operate dangerous equipment for 48 hours following anesthesia. You may be able to resume non-strenuous activities after 48 hours unless otherwise directed by your physician. Avoid strenuous exercise, heavy lifting greater than 20 pounds, bike riding, and yard work for two weeks, as the vibrations and movement may cause bleeding. No sexual activity for two weeks after surgery.

CATHETER: You may need a catheter to drain your bladder, depending upon how much swelling you experience after the procedure. If used, catheters are usually removed within 24 to 48 hours in the urology clinic. Wash around the catheter with soap and water and rinse well. You may shower, but avoid baths until the catheter is removed. It is normal to see occasional blood in the catheter. This is not worrisome unless the catheter is not draining or if there is significant pain.

DIET AND FLUID: Avoid coffee, tea, carbonated beverages, alcoholic beverages, citrus juices, spicy foods and smoking for the first week following surgery. Increase your intake of fluids, particularly water – 24 to 48 ounces over your usual daily fluid intake is typically recommended.

BOWEL: Do not strain when having a bowel movement. Expect irregular bowel habits until fully recovered. Increase fiber in your diet. You may need a stool softener or laxative during the first two weeks of your recovery.

EXPECTED SIGNS AND SYMPTOMS: You may experience urinary urgency and/or frequency for the first month following surgery. This is normal. Talk to your doctor to discuss medications that may relieve this. You may have a small amount of bleeding with urination on occasion. This may be accompanied with small blood clots. This is normal, and should be relieved by increasing your fluid intake. You may experience some mild burning and discomfort during urination. This is normal and should subside in one to two to four weeks.

WHEN SHOULD YOU CALL YOUR DOCTOR? Please call the office immediately if you experience any of the following symptoms. The on-call doctor can be reached 24/7 at 313-396-0736:

- Bright red bleeding in urine with a heavy blood clots on more than 1 episode.
- Fever over 101° F (38°C).
- Inability to urinate for more than 4 hours.
- Severe pain or nausea at any time.
- If you have any questions regarding your preparation for or recovery from the procedure.