

Post-Operative Information for Patients: Laser Prostatectomy

DIET:

- Return to the diet you were on before surgery.
- Continue to drink lots of fluids (at least 64 ounces per day).
- Allow consumption of liquor in moderation only.

ACTIVITY:

- Lift nothing over 10 lbs. for the first 48 hours following discharge.
- After 48 hours, you may gradually resume your usual activity.
- You can be up as much as you like. Going up and down stairs will not hurt you.
- Do not drive a vehicle for 48 hours after your catheter has been removed.
- Short walks outdoors are fine.
- Build up your activity a little each day.
- Avoid strenuous exercise, heavy lifting, bike riding, and yard work for two weeks, as the vibrations and movement may cause bleeding.
- No sexual activity for two weeks after surgery.

THINGS TO LOOK FOR:

- Healing after transurethral prostate surgery takes 6 weeks.
- Some blood at the beginning or end of your stream as well as urgency and frequency are normal.
- If you have blood throughout the stream or are passing clots, stay off your feet and drink plenty of fluids.
- If you have trouble voiding, call the office.

WHEN TO CALL THE DOCTOR:

- If your temperature is 101 or higher, please call the office number. Have the telephone number of your pharmacy available.
- If you develop a rash (breaking out), stop your medicine and call the office number.

A doctor is on emergency call 24 hours a day, 7 days a week, to assist you (including after office hours and weekends). Please call 973/325-6100 if you have urgent concerns.

You may use milk of magnesia or another mild laxative as needed to keep your bowels moving and soft. Do not allow yourself to strain.