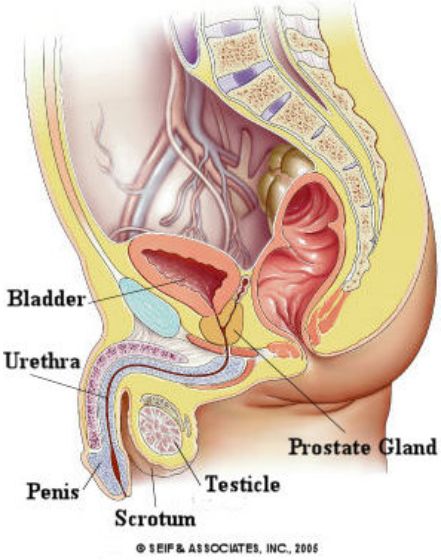
Instructions Following Laser Surgery on the Prostate Gland

You have undergone prostate laser surgery. As you begin your recovery and prepare to go home, your caregiver and health care team will work closely with you. They will help you understand what to expect during your healing and recovery. Please share this information with family members and others who might be helping you in this process. If you have any problems or questions after discharge, call your caregiver.

HOME CARE INSTRUCTIONS AFTER YOUR SURGERY

For your own protection, observe the following precautions for 10 days after your operation (unless otherwise indicated).



- You may go home with a catheter. Take care of it as directed. You will receive instruction on catheter care.
- After catheter removal, empty the bladder whenever you feel a definite desire. Do not try to hold the urine for long periods of time.
- Avoid all lifting, straining, running, strenuous work, walks longer than a couple blocks, riding in cars for extended periods, and sexual relations for 2 weeks or longer if your caregiver advises.
- Take 2 tablespoons of heavy mineral oil or Metamucil® morning and night for 3 or 4 days. After that, gradually reduce the dose to 1 or 2 teaspoons twice daily. Stop it after the stools have been normal for a week. If you become constipated, do not strain to move your bowels, but take an enema if you and your caregiver have discussed this. Notify your caregiver about problems.
- Even after complete healing, you may continue to urinate once or twice during the night.
- Laser surgery of the prostate is not likely to affect the ability to have sexual relations. However, ejaculation afterward may be into the bladder instead of out of the penis. This is not a problem unless you wish to have children. It does not cause loss of satisfaction.
- In addition to your usual medications, you may be given an antibiotic to take for 10-14 days. Notify your caregiver if you have any side effects or problems with the medication.
- Avoid alcohol and caffeinated drinks for 2 weeks, as they are irritating to the bladder. Decaffeinated drinks are fine.
- Eat a regular diet, avoid spicy foods for 2 weeks.
- You may continue non-strenuous activities. It is always important to keep active after an operation. This lessens the chance of developing blood clots.
- You may see some recurrence of blood in the urine after discharge from the hospital. If this occurs, force fluids again as you did in the hospital.

SEEK MEDICAL CARE IF:

- You have chills or night sweats.
- You have an oral temperature above 102° F (38.9° C).
- You are leaking around your catheter or have problems with your catheter.
- You develop side effects which you think are coming from your medications.

SEEK IMMEDIATE MEDICAL CARE IF:

- You are suddenly unable to urinate. **This is an emergency.**
- You develop shortness of breath or chest pains.
- Bleeding persists or clots develop.
- You have an oral temperature above 102° F (38.9° C), not controlled by medicine.

- You develop pain in your back or over your lower belly (*abdomen*).
- You develop pain or swelling in your legs.
- You develop swelling in your abdomen or have a sudden weight gain.
- Any problems you are having get worse rather than better.

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