**HOLMIUM LASER ENUCLEATION OF PROSTATE**

**(HOLEP)**

POSTOPERATIVE INSTRUCTIONS:

**What to Expect**

• You should expect to go home the same day of your surgery, overnight stays are rarely necessary.

• You will have a Foley catheter in place to drain urine from your bladder. This will be in place overnight.

• Pain/discomfort after surgery is normal and will decrease over time.

• After catheter is removed it is common to experience frequency of urination and/or urgency and intermittent blood in the urine for 2-4 weeks

**Activity**

• No lifting greater than 10 lbs for 1 week.

• No driving for 1 week; limit long car rides.

• Avoid strenuous activity or exercise for 2 weeks.

• You may return to work usually after 1 week, unless your job involves heavy lifting or strenuous activity.

• Do not have sexual intercourse for 4 weeks.

• Rest and decreased activity will speed your recovery.

• Resume taking regular medications, but do not take blood-thinners such as Aspirin, Coumadin, or Plavix until discussed with your doctor.

**Diet and Elimination**

• Drink 8-10 glasses of fluid daily to keep urine clear and flowing freely.

• Return to normal diet, but avoid caffeine, alcohol, and acidic foods which may irritate the urethra.

• Use a mild laxative as needed to avoid straining with bowel movements.

**Call our office if:**

• Fever over 101.5 F.

• Heavy bleeding or clots persisting longer than 24 hours with increased fluid intake.

• Catheter is not draining (be sure tubing is not kinked).

• Inability to urinate

• Severe pain or burning with urination that is not improving.