



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.