



**PVP PROCEDURE USING THE GREENLIGHT LASER SYSTEM**  
**POSTOPERATIVE INSTRUCTIONS**

**MEDICATION** Please take the medications as prescribed by your doctor. Finish the entire antibiotic prescription. Take pain medication as directed by your doctor. Tylenol or non-steroidal anti-inflammatory medications (such as Aleve) should relieve mild pain and discomfort.

Resume the usual medications you took before the surgery unless instructed otherwise. Do not take blood thinners or aspirin products for one week 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, 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. Catheters generally are removed within 24 hours. Do not disconnect the catheter from the drainage bag unless directed by a doctor. Wash around the catheter with soap and water and rinse well.

**DIET AND FLUID** Avoid coffee, tea, carbonated beverages, alcoholic beverages, citrus juices, spicy foods and smoking for the first 3 days following surgery. Increase your intake of fluids, particularly water. 24-48 ounces over your usual daily fluid intake is recommended. Limit fluids after 6p.m.

**BOWELS** 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 weeks.

**WHEN TO CALL YOUR DOCTOR**

Please call the office immediately if any of the following symptoms appear: Bright red bleeding in urine with a heavy blood clot. Fever over 101 F (38 C). Inability to urinate for more than 4 hours. Feeling of bladder fullness that does not go away after urinating. Severe pain at any time. If you have any questions regarding your preparation for or recovery from your PVP procedure.