



Greenlight Laser Photovaporization Postoperative instructions

- Avoid strenuous activity for three weeks to prevent the potential for bleeding. This includes any straddle activity such as riding a bicycle, using a riding lawn mower, etc. This also includes activities such as heavy lifting, running, raking leaves, shoveling snow, golf, etc.
- Avoid long car trips for one week.
- Walking is fine, but try to limit it to under one hour. You may go up and down stairs.
- If you see blood, increase the amount of fluids that you are drinking and stay off your feet until the blood clears. Pink or red urine is ok but if you see dark, cherry-colored urine with clots present, call your urologist.
- It is normal to have burning and stinging with urination for the first several weeks after surgery. It is also common to have more frequent urination and a greater sense of urgency. This can take up to three months to fully resolve.
- You can eat and drink what you normally do.
- Take the medications that are prescribed at the time of your discharge from the hospital. If you were taking any medications on a regular basis prior to your admission to the hospital, you should continue to take those as well.
- For any aches, pain or headaches, you may use Tylenol or Extra-Strength Tylenol. Do not use any aspirin or aspirin-like compounds, such as Advil, Nuprin, Motrin, Bufferin, etc. for six weeks after surgery.
- Take plenty of fiber, water and over the counter stool softener to avoid straining for bowel movements or constipation.
- If you develop a fever greater than 101.5 or are completely unable to urinate after removing your catheter, call your urologist and then go to the nearest ER.
- Your surgeon will instruct you on when to remove your catheter, generally within 1-4 days after the procedure.
- Nursing will have provided instructions on how to do this.

What if I have other questions regarding my procedure?

For general questions and follow-up appointment information, call Urology Center of Iowa during regular business hours at **(515) 400-3550**.

For urgent, after-hours issues not addressed here, call Urology Center of Iowa and ask to speak to the provider on call. For emergencies, call **911** or go to the closest emergency room.