

WHO IS SUITABLE FOR GREENLIGHT LASER PROSTATE SURGERY?



Those experiencing moderate to severe symptoms of enlarged prostate (BPH)

- Weak stream of urine

- Incomplete emptying of the bladder

- Stop and start when urinating

- Straining to begin urination

- An increased need to urinate

- Interrupted sleep because of the need to urinate

- Complications of [enlarged prostate](#)

Those who have enlarged prostate symptoms and failed minimally-invasive treatment options

Those whose prostate anatomy is not appropriate for other treatment options

Those who have failed medical therapy, don't want to take medication or have had side effects

Those who want to improve their quality of life to what it was before the onset of BPH symptoms

WHAT ARE THE ADVANTAGES OF GREENLIGHT LASER PROSTATE SURGERY?



Greenlight laser prostate surgery is a definitive surgical treatment for enlarged prostate (BPH) for the relief of bothersome urinary symptoms:

- Durable improvement in urinary symptoms with low revision rates

- Quick recovery with minimal down-time after surgery

- Minimal bleeding

- Eliminates the need for lifelong use of medications

- Can be performed without stopping blood-thinning medications in some cases

HOW IS GREENLIGHT LASER PROSTATE SURGERY PERFORMED?



This procedure is performed under general (or spinal) anaesthesia

It involves the use of a small telescope (cystoscopy) and a side-firing 'greenlight' laser source which heats to vaporize the enlarged obstructing prostate

tissue, creating an open prostatic urethra (channel)
There are no skin incisions involved
Greenlight laser prostate surgery takes up to an hour to complete
Patients should expect to remain in hospital with a catheter for 1-2 nights

WHAT TO EXPECT AFTER GREENLIGHT LASER PROSTATE SURGERY?



The recovery is done at home and in most cases 'light' normal activities can be resumed as soon as 3-5 days post procedure. Complete recovery can take up to 4 weeks in which time strenuous activity should be avoided.

The most common side effects include discomfort or burning with urination, blood in the urine, urgent need to urinate and/or difficulty controlling the urge. Most of these symptoms generally subside within the first two weeks following procedure.

PROCEDURE OUTCOMES



Most patients will notice an immediate improvement in their urinary flow, pressure and bladder emptying

Bladder symptoms of urinary frequency, urgency and nocturia (getting up at night to pass urine) tend to take longer (up to 3 months) to improve

POST-OPERATIVE CARE INSTRUCTIONS



What to expect:

When you wake, you will have a catheter in place. You may experience some mild pain in the prostate (felt in the rectum).

Improved urinary flow, pressure, and bladder emptying following the removal of the catheter. Burning and stinging with urination should subside within 4-5 days following the procedure. You may use Ural (available over the counter at pharmacies) to alleviate your symptoms.

Urination frequency and urgency (urinating often and in a hurry) as well as nocturia (waking at night to urinate) take longer to improve, and in most patients will settle within 3 months. In some

circumstances symptoms may persist.

Return to activity:

Driving – no driving for at least 24 hours, or until you are comfortable to do so

Work – you will require at least 4-5 days off work, possibly longer depending on your occupation

Lifting – avoid heavy lifting for 2 weeks following your procedure

Activities – walking is fine and encouraged following your procedure, however you should avoid strenuous activity and straining to open your bowels for 2 weeks following your procedure

Sex – avoid for 2 weeks following the procedure.

Pain Management:

You may take ibuprofen or paracetamol if you are experiencing discomfort. Ural sachets (available over the counter at pharmacies) can help with burning or stinging with urination.

Head to your nearest hospital emergency department if you:

Have severe pain that cannot be controlled with medication

Are unable to urinate

Are unwell with a high fever.

Follow-Up Information:

Our rooms will contact you to arrange a follow-up appointment with your urologist, typically around 3 months after your procedure.

Your follow-up appointment is on:

_____ at _____.

Contact Information:

If you have any questions or concerns that are not addressed here or in the procedure information available on our website melbourneurologycentre.com.au contact our rooms on 1300 702 811 or [\[email protected\]](#)

Post-Operative information for this procedure can be found here: [Greenlight Laser Post-Operative Care Instructions](#)

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Urology Care Foundation, (2018), Innovations in Treatment of BPH,
[\[https://www.urologyhealth.org/healthy-living/care-blog/2018/innovations-in-treatment-of-bph\]](https://www.urologyhealth.org/healthy-living/care-blog/2018/innovations-in-treatment-of-bph),
accessed 26/02/21.