

## WHO IS SUITABLE FOR GREENLIGHT LASER PROSTATE SURGERY?

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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?

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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?

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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?

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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

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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

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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>],

accessed 26/02/21.