

Post-Operative Care Instructions: Greenlight Laser

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.

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 reception@urodoc.com.au