

## Post-Operative Care Instructions: HoLEP

---

### **What to expect:**

- When you wake, you will have a catheter in place, which will assist your bladder in expelling any residual blood from the procedure.
- Improved urinary flow, pressure, and bladder emptying following the removal of the catheter.
- Blood in the urine is common for a couple of weeks following your procedure, but in some cases it may take longer to resolve. This may be intermittent.
- Burning and stinging with urination may last for 2-3 weeks following the procedure. This does not usually indicate infection. 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.
- Some patients may experience transient incontinence (leakage of urine) following the procedure. This usually resolves within three months with pelvic floor muscle exercises. Your urologist may recommend a pelvic floor physiotherapist to assist you.
- Retrograde (dry) ejaculation is common (90%), expected, and if it occurs it is permanent. This is not dangerous.

### **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 four weeks after your procedure. Pathology from the tissue samples obtained during your procedure will be reviewed at this appointment.

**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](http://melbourneurologycentre.com.au) contact our rooms on 1300 702 811 or [reception@urodoc.com.au](mailto:reception@urodoc.com.au)