

Post-Operative Care Instructions: Urolift

What to expect:

- Blood in the urine is common for the first few days following your procedure, but in some cases it may take longer to resolve. This may be intermittent.
- Most patients experience some pelvic discomfort which typically lasts a couple of weeks
- 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.

Return to activity:

- Driving – no driving for 24 hours
- Work - you may return to light duties after 24-48 hours
- Lifting – avoid heavy lifting for a week following your procedure
- Activities – walking is fine and encouraged following your procedure, however you should avoid strenuous activity for a week following your procedure
- Sex – avoid for four 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 6-8 weeks 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