

# EL CAMINO UROLOGY MEDICAL GROUP, INC.

Larry H. Kretchmar, M.D., F.A.C.S.  
Sari R. Levine, M.D., F.A.C.S.  
Frank C. Lai, M.D., F.A.C.S.  
Edward Karpman, M.D., F.A.C.S.  
Wesley Kong, M.D.,

2490 Hospital Drive, Suite 210  
Mountain View, CA 94040  
Tel: 650-962-4662  
Fax: 650-962-4652

## DISCHARGE INSTRUCTIONS AFTER GREENLIGHT LASER

Most patients treated with GreenLight Laser for prostatic hyperplasia and obstruction are treated as “outpatients” and are sent home soon after the procedure. You will have a catheter draining from your bladder. Depending on your medical condition and bladder tone, catheters are generally removed within 24 hours by your Urologist. Do not disconnect the catheter from the drainage bag unless directed to do so by the doctor or nurse. Wash around the catheter with soap and water and rinse very well.

Please take medications as prescribed by your doctor. Finish the entire antibiotic prescription. Resume taking the medications you are using before surgery unless instructed otherwise. **DO NOT** restart blood thinners or aspirin products until told to do so by your doctor.

Take it easy for the first 48 hours after the procedure. Do not drive or operate dangerous equipment for 48 hours following anesthesia.

Avoid strenuous exercise, heavy lifting, bike riding, and yard work for at least 4 weeks after surgery or until cleared by your urologist, as the vibrations of movement may cause some bleeding.

**DO NOT strain when having a bowel movement. Straining may cause increased bleeding.** Please start taking the stool softener that has been prescribed for you 5 days before surgery and continue for at least 3-4 weeks postoperatively. Expect irregular bowel habits until fully recovered. Increase the fiber in your diet.

Avoid coffee, tea, carbonated beverages, alcoholic beverages, citrus juices, and spicy foods for the first three days following surgery as they may cause increased urinary discomfort.

Avoid sexual activity for four weeks after surgery.

Increase your intake of fluids, particularly water. 24-48 ounces over your usual daily fluid intake is recommended. Remember to limit fluids after 6 p.m. You may experience urinary urgency and/or frequency for the first month following surgery. This is normal. Your doctor may be able to prescribe medications to alleviate some of these symptoms.

You may have a small amount of bleeding in the urine. Generally the urine is pink at the beginning and the end of the stream. This change in the color of the urine is normal and should be relieved by increasing your fluid intake. If you are passing blood clots you should contact your urologist.

Call your Urologist if you experience any complications such as increasing pain, high fever about 101 Fahrenheit, or persistent nausea.

*We wish you a speedy and successful recovery.*