

GreenLight Laser Surgery

Benign Prostatic Hyperplasia (BPH)

What is BPH?

The prostate is a gland that makes fluid to nourish and help sperm movement. It surrounds the urethra at the neck of the bladder.

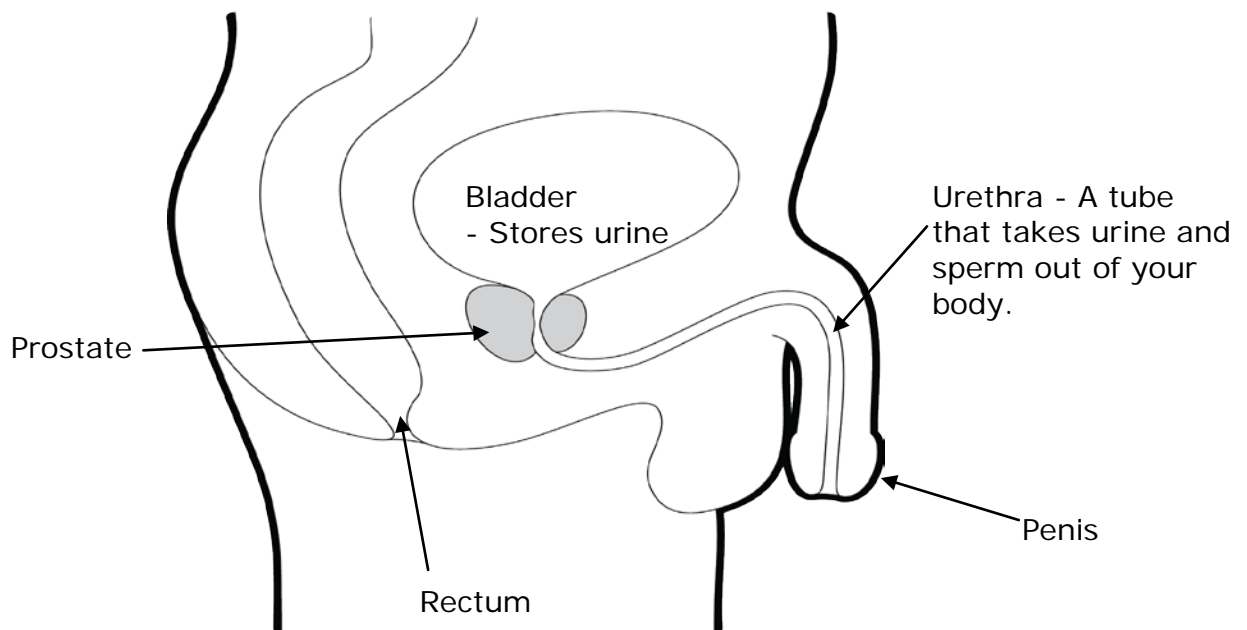
As you become older, the prostate may increase in size. This is a normal part of aging and is common in men over the age of 50.

Sometimes, the increased size of the prostate blocks the urethra. This makes it hard to start to urinate (pass urine) and empty your bladder completely. This may also cause dribbling at the end of the urine stream.

When the prostate gland is large and presses on the urethra this is called hyperplasia. Benign means that this is not cancer.

What is GreenLight Laser Surgery?

The surgeon uses a thin laser fiber to vaporize some of the prostate tissue. This opens the urethra and allows urine to flow better. The surgery about 90 minutes.



How long will I be in the hospital?

Most men go home the same day as their surgery, or stay overnight and go home early the next day.

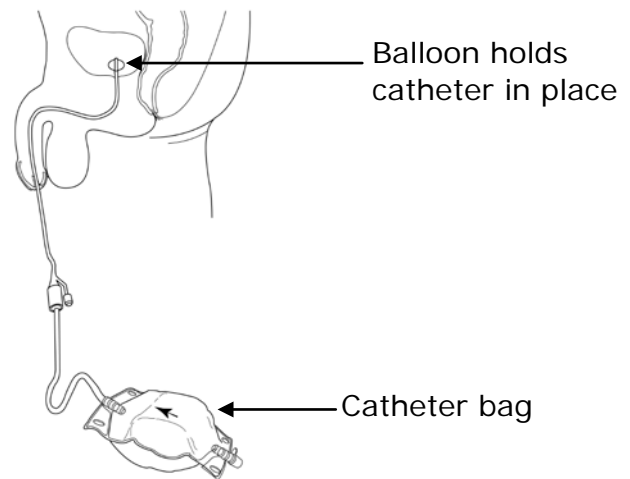
What happens during surgery?

The anesthesiologist will give you the anesthetic.

The surgeon puts a cystoscope (long, thin tube) into your urethra to look at your prostate gland. Then, the surgeon inserts a thin laser fiber and the prostate tissue blocking the urethra is vaporized.

A thin tube called a catheter is put into your penis to drain urine. The urine drains into a catheter bag.

- Urine may be pink in colour.
- The catheter is attached to a drainage bag.
- The bag is kept lower than your bladder to prevent back flow.



When is the catheter taken out?

The catheter is taken out the next day in your surgeon's office at your first follow-up appointment.

Bladder irrigation

The inside of your bladder will be flushed with a water solution through the catheter. The fluid washes any urine, blood or tissue out of your bladder. This is called bladder irrigation. There are 2 ways that this may be done: continuous irrigation or hand irrigation.

Continuous irrigation

You will have plastic bags of fluid hanging above your bed connected to the catheter in your bladder. The fluid then drains from the bladder into a drainage bag hanging at your bedside. The drainage bag must be kept lower than the level of your bladder. This prevents urine from flowing back into your bladder, which may cause an infection.

Hand irrigation

Your nurse will push fluid into the bladder with a syringe and then take fluid out with a syringe.

Pain and discomfort

Most men do not have much pain but you may feel as if your bladder is full. When the catheter is in, you may feel pressure, spasms, burning or a need to urinate until it is taken out.

After your catheter is removed, you may notice:

- a burning feeling when you urinate
- an urgent need to urinate
- some blood in your urine
- some dribbling of urine

These things will improve as you recover. The length of time depends on the amount of tissue vaporized. This can last anywhere from 3 to 8 weeks. You may see small amounts of tissue in your urine for up to 8 weeks after surgery. This is normal as the area heals and small scabs fall off. You do not need to call the surgeon. Continue to drink plenty of fluids without caffeine to flush the bladder.

Most men do not need pain control medication but you can use acetaminophen (Tylenol) if needed.

Eating and drinking

Follow your normal diet. Drink extra fluids – 6 to 8 glasses of water each day. Do not have any drinks or products that contain caffeine, such as coffee, tea, hot chocolate, cola and chocolate. **If you have heart or kidney problems, check with your surgeon about how much to drink.**

Do not strain to have a bowel movement. Straining may cause bleeding in your bladder. Eating foods high in fibre and drinking fluids can help prevent constipation. Foods high in fibre include whole wheat products, bran, fresh vegetables and fruit. Extra fluids also help.

Activity

Ask your surgeon about any activities you would like to do.

- Gradually return to your normal activities.
- You can do moderate exercise like walking and stretching.
- If you see blood in your urine stream after an activity or exercise, stop and rest. Drink extra fluids to flush your bladder.
- **Do not do any heavy lifting for 2 to 3 weeks.** Heavy lifting means no more than 10 pounds or 4 kilograms. This weight is like a full bag of groceries. If your job needs you to do heavy lifting, ask your surgeon when you can do this again.
- Do not do strenuous activities like shovelling snow, vacuuming or cutting grass for 3 weeks.

Sexual activity

- Do not have sexual intercourse for 3 weeks.
- During sexual activity, you will feel as if ejaculation is taking place, but fluid may not come out of your penis. The fluid goes into your bladder instead and will come out the next time you urinate. This is normal and is not harmful.

Follow-up

Make sure you have follow-up appointments to see your surgeon:

- the day after the procedure to have your catheter taken out
- 1 month after the procedure
- 3 to 4 months after the procedure

Contact your surgeon if:

- you have bright red bleeding or clots in your urine that do not clear with drinking fluids
- have abdominal pain

Go to Emergency if:

- you cannot pass urine for more than 4 hours