



urological surgical associates

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Post-Laser Prostatectomy Instructions

PROCEDURE: Laser ablation of the prostate

What to expect:

1. You may see blood in the urine for several days.
2. Urination may be painful at times
3. You may urinate frequently and urgently for a few weeks

Activity and Limitations:

1. No exertion for 10 days
2. Minimize stair climbing for 5 days
3. No sexual activity for 2 weeks
4. You may shower the day after the procedure
5. Do not lift anything more than 15 lbs for 10 days
6. Do not strain to move your bowels. Use a gentle laxative if necessary
7. Do not drive for 5 days

Return to Work:

1. You may return to work in 10 days. If your work is strenuous please inform the physician so that he or she can discuss precautions and limitations
2. You should make an appointment to be seen in the office approximately seven days post-operatively.

Call you physician for the following:

1. Fever greater than 101
2. Difficulty urinating
3. Heavy bleeding or clots in the urine.