

## **Post-Procedure Instructions for Green Light Laser**

### Ø Medications

- If your physician prescribes any medications, be sure to take them as directed. Please fully finish any antibiotic prescribed.
- Take pain medications as directed. Tylenol or Aleve may be taken to relieve mild pain or discomfort.
- You may resume taking your usual medications after the procedure. Resume taking blood-thinning medications 7 days after your procedure unless otherwise instructed by your physician.

### Ø Activity

- Relax for the first 48 hours after your procedure.
- Non-strenuous activities may be resumed after 48 hours.
- Avoid exercise, heavy lifting, bike riding, and yard work for 2 weeks. Failure to avoid these activities may result in bleeding.
- Abstain from sexual activity for 2 weeks after your procedure.

### Ø Catheter

- You may need a catheter to drain your bladder, depending on how much swelling you experience after the procedure. Catheters are usually removed within 24 hours. Do not disconnect the catheter from the drainage bag unless directed by a doctor. Wash around the catheter with soap and water and rinse well.

### Ø Diet and Fluid

- Avoid coffee, tea, carbonated beverages, alcoholic beverages, citrus juices, spicy foods and smoking for the first 3 days following surgery.
- Increase your intake of fluids, particularly water. 24-48 ounces over your usual daily fluid intake is usually recommended. Limit fluids after 6pm.

### Ø Bowels

- Do not strain when having a bowel movement. Expect irregular bowel habits until fully recovered. Increase fiber in your diet.
- You may need a stool softener or laxative during your first two weeks after your recovery.

### Ø Expected Signs and Symptoms

- You may experience urinary urgency and/or frequency for the first month following surgery. This is normal. Talk to your doctor to discuss medications that may relieve this.
- You may have a small amount of bleeding with urination on occasion. This may be accompanied with small blood clots. This is normal and should be relieved by increasing your fluid intake.
- You may experience some mild burning and discomfort during urination. This is normal and should subside in 1 to 2 weeks.

### Ø When to call your doctor

**Please call the office immediately if any of the following symptoms appear:**

- Bright red bleeding in urine with a heavy clot. Fever over 101 degrees Fahrenheit.
- Inability to urinate for more than 4 hours. Severe pain at any time
- Feeling of bladder fullness that does not go away after urinating. .
- If you have any questions regarding your preparations or recovery from the GreenLight procedure.

GreenLight patient information is provided by Lasercope.