

Post operative care instructions

Prostatic urethral lift

The information here outlines what to expect during your recovery after surgery. Please remember that recovery rates vary for each individual.

If you have any questions or concerns, feel free to contact our office to speak with your urologist or one of our specialist urology nurses.

Return to normal activities

After a general anaesthetic – for the first 24 hours after a general anaesthetic or sedation you cannot:

- Drive a vehicle or operate machinery.
- Take sedating medications (such as sleeping tablets).
- Consume alcohol, smoke or vape, or use recreational drugs.
- Sign any contracts or legal documents.
- Exercise or lift heavy objects.

Around the house – you can return to normal activities around the house (such as walking around and using stairs) immediately after the operation.

Diet – you can eat and drink normally immediately after the operation.

Work – you can return to work the day after the operation. Please contact our office if you need a medical certificate for work.

Driving – you can return to driving 24 hours following your anaesthetic.

Exercise and strenuous activity – you can restart gentle exercise such as walks after the operation. You should avoid strenuous exercise and heavy lifting for at least one week after the operation.

Sex – you can return to sexual activity when you feel comfortable. For most people this will be at least one week after the operation.

Urinary symptoms

Patients generally experience symptom relief as early as two weeks.

Initially, you may have burning/stinging when passing urine for a few days after the operation.

You may feel you need to pass urine more often than normal after the operation. Limiting your intake of alcohol and caffeine containing drinks (coffee, tea, cola, energy drinks) can help reduce these symptoms.

You may have blood in the urine for a few days after the operation. The blood will often go away and then return. Try to drink approximately 1.5L of water per day until the blood in the urine stops.

You may experience pelvic pain or discomfort. This may take up to four weeks to resolve. Simple analgesia (Paracetamol) can help with this.

Pain relief and other medications

Regular pain relief usually isn't required after prostatic urethral lift surgery.

You can take *Ural* (a urinary alkaliniser) to reduce burning/stinging when passing urine. It can be taken up to four times per day for five days. *Ural* is available over the counter at the pharmacy.

If you need additional pain relief, take *Paracetamol*: maximum two 500mg tablets, four times per day. *Paracetamol* is available over the counter at the pharmacy.

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If you need additional pain relief, take *Ibuprofen*: maximum two 200mg tablets, three times per day with meals. You should not take *Ibuprofen* if you have a history of kidney disease, severe asthma, or stomach bleeding. *Ibuprofen* is available over the counter at the pharmacy.

A small supply of a stronger pain killer may be prescribed by your anaesthetist. These can be used as directed if the medications above are not effective.

It is important to avoid constipation after the operation. Drinking plenty of water and taking a fibre supplement (such as Metamucil or Benefiber) can reduce your risk of constipation. If you are constipated, take Coloxyl with Senna (two tablets, twice per day), until your constipation resolves. If this isn't effective within 24 hours, take Movicol (one sachet, twice per day) in addition to the Coloxyl with Senna. Both Coloxyl with Senna and Movicol are available over the counter pharmacies.

If you were asked to stop any medications before your operation, please ask your urologist before restarting these medications. Otherwise, you should continue any regular medications you were taking before the operation.

Follow up

If you need a follow up appointment, the appointment details will be in the paperwork you received before your operation, or our office will be in contact with an appointment time.

If you think you need a follow up appointment, but you haven't received an appointment time, please call our office to check.

When to seek attention

It is not normal to have any of the following during your recovery:

- Fevers, sweats or chills.
- Difficulty passing urine.
- Passing large blood clot in your urine.
- Severe abdominal pain.
- Pain or swelling in your calf.
- Shortness of breath.
- Chest pain.

If you experience any of these symptoms, please phone our office, see your GP, or present to your nearest emergency department.

To speak with your urologist or one of our specialist urology nurses, phone 07 3830 3300 during business hours.

For urgent after-hours concerns, phone 07 3830 3333 to speak with our on-call urologist.