

## GreenLight PVP LASER PROCEDURE

Before the GreenLight PVP Laser Procedure, patients were forced to choose between an effective yet invasive surgery and heat therapies that were safer but less effective. The GreenLight PVP Laser Procedure (Photoselective Vaporization of the Prostate) offers a unique and simple solution to BPH because it combines the effectiveness of TURP, the surgical "gold standard" with the safety, comfort and ease of a minimally invasive treatment.

The GreenLight PVP Laser Procedure uses a very high-powered laser to immediately vaporize and precisely remove enlarged prostate tissue. Most patients return home a few short hours after the procedure and can return to normal, non-strenuous activities within days.

### How the GreenLight PVP works

A thin fiber is inserted into the urethra through a cystoscope. The fiber delivers green laser energy that quickly vaporizes and precisely removes enlarged prostate tissue. The physician is able to safely view and control the treatment area, tailoring it to each patient's anatomy and needs. Natural urine flow is immediately restored and urinary symptoms are relieved quickly.

### What to Expect Before the GreenLight PVP Laser Procedure

- You will need to have a physical examination with a urologist trained in performing the treatment. He will explain the treatment to you in detail and answer any questions you may have.
- Your urologist will provide specific pretreatment instructions such as reducing fluid intake or modifying your diet the day of treatment.
- Let your doctor know if you are taking any blood thinners such as aspirin, aspirin-containing medications (Coumadin® or Plavix®). Your doctor may recommend that you stop taking these medicines several days prior to the GreenLight PVP™ Laser Procedure.
- Ask your urologist if you should take your regularly prescribed medications on the day of the procedure.
- Take any antibiotics as prescribed by your doctor.
- The night before your procedure, you may eat and drink as usual. However, if you are scheduled to have your procedure before noon the following morning, do not take anything by mouth after 12:00 midnight the night before. If your procedure is in the afternoon, your urologist and anesthesiologist may allow you to have a clear liquid breakfast.
- Wear comfortable, loose-fitting clothing on the day of your procedure.
- Arrange for transportation home; you may not drive or operate dangerous equipment for 48 hours after the procedure.

### What to Expect After the GreenLight PVP Laser Procedure

- Take pain medication as directed by your doctor. Tylenol or non-steroidal anti-inflammatory medications (such as Aleve®) should relieve mild pain and discomfort.
- Resume the usual medications you took before surgery unless instructed otherwise. Do not take blood thinners or aspirin products for one week or as directed by your physician.
- Take it easy for the first 48 hours after the procedure. Do not drive or operate dangerous equipment for 48 hours following anesthesia.
- You may be able to resume non-strenuous activities after 48 hours unless otherwise directed by your physician.

- Avoid strenuous exercise, heavy lifting, bike riding, and yard work for two weeks, as the vibrations and movement may cause bleeding.
- No sexual activity for two weeks after surgery.
- You may need a catheter to drain your bladder, depending upon how much swelling you experience after the procedure. Catheters generally are 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.
- 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 to 48 ounces over your usual daily fluid intake is typically recommended. Limit fluids after 6 pm.
- 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 the first two weeks of your recovery.

### **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 one to two weeks.

### **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 blood clot.
- Fever over 101° F (38°C).
- Inability to urinate for more than 4 hours.
- Feeling of bladder fullness that does not go away after urinating.
- Severe pain at any time.
- If you have any questions regarding your preparation for or recovery from the GreenLight procedure.