

## Prostate laser surgery (Green light laser, day surgery)

### Background

Age-related enlargement of the prostate gland is also called benign prostatic hyperplasia (BPH). The prostate gland surrounds urethra below the urinary bladder, so when the gland enlarges, it narrows the urethra. This slows down flow of urine from the bladder.

### Procedure

The procedure is performed as endoscopic surgery via the urethra. A laser beam is aimed at the enlarged prostate gland. The tissue will evaporate and will be removed with the irrigation solution. The procedure lasts 1–2 hours. The advantages of laser surgery over the traditional transurethral resection of the prostate (TURP) include less bleeding and reduced need for painkillers. This means that the patients can return home on the same day. The procedure is performed under either spinal or general anaesthesia.

### Recovery

Your urine may be bloody first, and blood clots may form in the urinary tract. It is advisable to **drink plenty of fluid (2–3 litres) during the first few days, and urinate often**. During a few weeks you may have a burning sensation in the urethra and bladder, and need to urinate often. Sometimes urine becomes bloody again after 2–4 weeks when crusts fall off the operated area. This is not dangerous if flow of urine is good.

Sexual intercourse should be avoided for two weeks. Some patients have a catheter inserted during the operation. You can remove it the next day (or according to specific instructions) at home. You should rest as much as possible during the **day of the operation**. You may mobilise according to your own sensations during the day after the surgery. Heavy exercise and shaking movements (for example driving a tractor or biking) should be avoided for two weeks. Showering is allowed the day after the surgery, and you may go to sauna and swim after one week.

Constipation should be avoided and treated after the surgery.

### Treatment of pain

You are recommended to take painkillers **regularly for 1–4 days** and after that when necessary:

Paracetamol

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Anti-inflammatory

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Other medication

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**Sick leave** is 2–3 weeks depending on the type of your occupation.

### Contact us

If you experience **problems** in healing,

- For example urine becomes bloody, and blood clots interfere with urination
- flow of urine stops, and the bladder feels full
- you experience burning, need to urinate often, and have a temperature (these may be signs of an infection)
- incontinence persists for more than 1–2 months

contact your health centre or treating unit:

Day Surgery Unit on working days from 07.00–15.00 telephone **(06) 213 1552**,  
Emergency Department at other times telephone **(06) 213 1001**, or  
Your own health centre or occupational health centre

- This instruction is intended for our patients who are in a care relationship •