HOLMIUM LASER ABLATION OF THE PROSTATE

PREOP INSTRUCTIONS

You will not be able to eat or drink anything after midnight the night before your surgery. This also includes candy, gum and tobacco products. If you normally take medications in the morning for your heart, blood pressure, thyroid, seizures or Parkinson’s, you may take these with a small sip of water when you first wake up. If you normally take medication for diabetes in the morning, **DO NOT TAKE IT!** You will need to bring this medication with you. We will check your blood sugar when you arrive. If you use inhalers on a daily basis for asthma, you will need to bring these with you. If you use a CPAP at night when you sleep, you will need to bring that with you. If you take a narcotic medication on a daily basis for a chronic condition, you will need a family member present on admission to sign the operative permit. **NO JEWELRY OR CONTACT LENSES.** You will be asked to remove dentures and glasses. Do bring a pair of warm socks for your feet. You may wear these back to the Operating Room.

You will need someone to drive you home. They may drop you off if they are available by cell phone to come back when you get to the recovery room. You should make arrangements to have someone stay with you for 24 hours after you return home because you will need to rest and take it easy. You will not be able to drive or operate machinery for 24 hours. You shouldn't make any important decisions or sign any legal documents for 24 hours.

**NO ALCOHOLIC BEVERAGES, SLEEPING MEDICATIONS, TRANQUILIZERS OR NON-PRESCRIPTION MEDICATIONS for 24 hours.**

You will be asked to arrive one hour prior to your surgery time. When you arrive, you will be asked to sign some paperwork and then you will be brought back to the pre-op area and checked in. The nurse will ask you to sign consent forms. It is important that your physician has gone over the risks and benefits of your procedure and that you understand them prior to signing. Should any questions arise after your doctor has explained everything, feel free to ask the nurse. We will be happy to answer them. The nurse will take your vital signs and start your IV. You will be given a pill and IV medication to decrease production of gastric secretions. You may also receive IV antibiotics. We will check your sugar if you are diabetic. You will be interviewed by your anesthesiologist. You should address any problems or concerns you have with anesthesia at that time. You will be given medications by the anesthesiologist during your surgery to make you sleepy and make you forget. They also give medication so you will be free of pain during the procedure. When the procedure is complete, the anesthesiologist will make sure your respiratory status is stable before you are taken to recovery.
THE SURGERY

You have been given a pamphlet created by Boston Scientific, the company that manufactures the laser fiber that will be used to reduce the size of your prostate. Some of the information printed differs from the management protocol of our physicians. In an effort to provide the utmost safety for our patients, here are some of the things you can expect before and after a HOLAP.

Preoperatively, you will need to be off any medications that thins your blood. The nurse will review your medications with you and your doctor will decide how long it is safe for you to be off your medication. We may even ask for guidance from your primary physician or cardiologist.

ABOUT RECOVERY

You will be taken to the recovery room when your surgery is completed. When you arrive in recovery, you will just be waking up. The nurse will be reconnecting you to a monitor to measure your vital signs and they will ask you to take deep breaths frequently. The IV will remain in place until we are sure you can tolerate fluids by mouth and are able to urinate. We want to make you as comfortable as possible, so please let the nurse know if you have any pain or nausea. You will arrive in the recovery room with a catheter, a tube that drains urine from your bladder. The catheter may give you the sensation that you need to urinate. This is because the balloon that holds the catheter inside your bladder is irritating to the lining of the bladder. You will go home with the catheter. It will remain in place for 24-48 hours. The nurse will give you instructions on how to care for the catheter and an appointment to have it removed before you are discharged. You will be in the recovery room approximately one hour if there are no complications. The doctor will usually talk with you and your family member about the outcome of your surgery and when he will see you for a follow-up appointment. When you are stable, the nurse will assist you to the bathroom to urinate. A responsible person will need to be present for the discharge instructions, sign them, and be able to drive you home. Your IV will then be removed and you will be escorted to your vehicle in a wheelchair. If you have any problems after you have been discharged, Please call 201-0505.

HOME CARE

You can expect to see blood in the urine bag over the first couple days. It is very important for you to drink plenty of fluids. The more dilute the urine is, the faster the blood will clear out. It is also important for you to take it easy for the first couple days. After the catheter is removed, you may return to routine activity. IF YOU CANNOT URINATE 4-6 HOURS AFTER THE CATHETER IS REMOVED CALL THE CLINIC IMMEDIATELY, OR IF IT IS AFTER HOURS REPORT TO THE LOCAL EMERGENCY ROOM. You may still have some urinary burning, urgency, frequency and mild blood in the urine for the first couple weeks. This is normal as the passageway continues to heal. Continue to drink plenty of fluids as this will help alleviate some of the irritation. NO HEAVY LIFTING GREATER THAN 15 POUNDS, SEXUAL ACTIVITY OR STRENUOUS EXERCISE FOR 2-3 WEEKS. You may shower in 24 hours. It is okay to shower with the catheter in place. You may drive after the catheter is removed and you no longer require narcotic pain medication. Do not strain to move your bowels. It is very important to keep your bowels regular after surgery. Large, hard bowel movements and straining can cause bleeding. You may use stool softeners or a mild laxative. DO NOT USE AN ENEMA.
COMPLICATIONS TO REPORT TO 201-0505

- Fever greater than 101.5 degrees
- Catheter tube stops draining with clots in the catheter bag
- Reactions to medications (hives, rash, itching, nausea, vomiting, diarrhea, inability to breath, severe swelling.

MEDICATIONS YOUR PHYSICIAN MAY PRESCRIBE

Take antibiotics as ordered.
Take pain medication as needed.
You may also take Tylenol if you feel a narcotic is not needed.

IF YOU HAVE ANY QUESTIONS PRIOR TO YOUR PROCEDURE
PLEASE CALL 309-0400