potomac UROLOGY

Alexandria Location
4660 Kenmore Ave, Suite 1120
Alexandria, VA 22304

tel: 703-680-2111
fax: 703-878-3939

Woodbridge Location
2296 Opitz Blvd, Suite 350
Woodbridge, VA 22191

Urolift Prostate Ablation Postoperative Instructions

- You may have had a catheter placed to drain the bladder for 3-5 days after the procedure. This is to keep you comfortable while the prostate is healing

- If you experience a fever greater than 101 degrees or are unable to urinate/catheter does not drain following the procedure, call our office immediately.

- You may notice some blood in your urine or semen after the procedure, this is normal. This may be intermittent and last 2-3 weeks.

- Continue prescribed antibiotics until they are gone.

- You have been given a prescription for narcotic pain medication, which can be taken as needed. Do not take aspirin, ibuprofen, Aleve, or any other NSAID medication for 3-5 days. Tylenol can be taken instead of the prescribed medication if pain is mild. You may start prescription strength ibuprofen after 3 days once bleeding has stopped, if you no longer need narcotic pain medication.

- If a catheter was left in place, you will return to the office to have it removed in 3-5 days. If you have difficulty voiding after catheter removal, call our office.

- If you have any questions or concerns, call the office at 703-680-2111, this number is answered 24 hours a day, 7 days a week.

- Your first follow-up appointment is scheduled_____ at _____ AM/PM.
- Your second follow-up appointment is scheduled_____ at _____ AM/PM.

- Please arrive to all follow-up appointments with a full bladder, to do urinary flow testing.

PROCEDURE RECOVERY

- Avoid strenuous activity for 5 days. Light walking is ok.
- If a catheter is in place, return in 7-10 days to the office as scheduled for removal.
- Urgency of urination, frequency of urination, and painful urination may worsen for 1-2 weeks. If these continue to worsen beyond that time frame, call the office for instructions – this may indicate infection.
- Please call the office if you have fever, or other concerning symptom.
- Please continue medications for your prostate until the 3 week follow-up, and discuss stopping them at that time with your urologist.