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 Preoperative Instructions

- Stop all aspirin, Plavix, NSAID medication (e.g. ibuprofen or aleve), blood thinners 7 days prior to the procedure. Tylenol can be taken for any minor aches and pains during the week prior to the procedure.

- Do not eat or drink anything after midnight the night prior to your procedure if anesthesia is to be administered. A small sip of water with medication is ok.

- Please arrive on time for check-in for the procedure.

- You will need someone to drive you to the office, to take you home afterward, and stay with you until you are fully recovered from the anesthesia.

- The procedure itself should not last longer than 30 minutes, but time for preparation and recovery will also be required. Expect the overall visit to last 1 ½ to 2 ½ hours.

- You may have 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 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 procedure is scheduled _____ at _____ AM/PM.
  Your first follow-up appointment is scheduled_____ at _____ AM/PM.
  Your second follow-up appointment is scheduled_____ at _____ AM/PM.
  Please arrive with a FULL bladder for all post op follow up visits

- You will be provided a prescription for ibuprofen, narcotic pain medication (Norco or Percocet), and antibiotic (Cipro or Ceftin).
- On the day of your procedure, take one dose of antibiotic and one dose of narcotic pain medication (Norco or Percocet) prior to arrival with small sips of water.
- DO NOT TAKE IBUPROFEN PRIOR TO PROCEDURE!

POSTOPERATIVE ISSUES:

- MEDICATIONS:
  - If you are using alpha blockers – Flomax, rapaflo, uroxatral, terazosin:
    - Continue to use for 30 days after surgery.
    - You may stop using them 30 days after surgery. Continuation of this medication will be discussed at follow up.
  - If you are using Avodart (dutasteride) or proscar (finasteride)
    - Continue using these until directed to stop by your urologist.
- Blood and Burning with Urination:
  - Because the procedure involves stitching and compression of the prostate, there will be some burning, irritation and inflammation.
  - Urgency and frequency may increase after surgery, which is expected to decrease by 2-3 weeks after the operation.