

Urology Associates of Rochester

David P. Dever, M.D. Laurence A. Donahue, M.D. Melanie M. Butler M.D.
Brian Adcock, RPA-C Paul Scheib, RPA-C
Crystal Englert, MPAS, RPA-C Lindsay J. Short, MS, RN, FNP

Dear Pat FName

Your Photo Vaporization of the Prostate (PVP) is scheduled at:

on

The hospital/surgical center will notify you of your arrival time for your procedure. Your pre-surgical will be done at your/the .

PREPARING FOR SURGERY: THINGS YOU SHOULD KNOW:

1. You will be admitted to the hospital the day of your surgery. You will be discharged when you are fully awake, alert, and taking fluids by mouth. Usually it is about two hours after your surgery.
2. If you are on **Coumadin, Plavix, or Aspirin** for coronary stents, you **must consult your Cardiologist or Primary Care Physician** for management and proper discontinuation of drug prior to your surgery. If you are on **Aspirin or Aspirin Products** for preventative measures, or drugs for **Arthritis or Inflammation**, please discontinue one week before the procedure. If you are on **Herbal Supplements** (anything that is not prescribed by a physician), please discontinue one week before the procedure.
3. If you take blood pressure, thyroid, or seizure medication, **please follow the instructions given to you at your Pre-Operative appointment on how to take these the day of your procedure.**
4. No eating or drinking after midnight the night before your surgery except for blood pressure or other medications as mentioned above.
5. No alcohol 24 hours prior to surgery.
6. You will be receiving anesthesia for your procedure and will meet with an anesthesiologist prior to surgery. **You are unable to drive, drink alcohol or sign legal documents for 24 hours after receiving anesthesia.**

RECOVERING FROM SURGERY: WHAT TO EXPECT

1. You will awake from surgery with a catheter in your penis, which drains urine from your bladder and allows your urinary tract to rest and recover. The catheter must remain in place

for two days, so you will be going home with it.

2. If you are taking aspirin, blood thinners (such as Coumadin), or anti-inflammatory drugs (Motrin, Ibuprofen, etc) **DO NOT RESUME TAKING THEM UNTIL TOLD TO BY THE PHYSICIAN.**

3. You will notice some burning on urination, increased urgency, increased frequency and incontinence. These symptoms are all normal and will resolve in about one month and you should feel better. If not, discuss this with your physician.

INSTRUCTIONS: POST PVP (PHOTO VAPORIZATION OF THE PROSTATE)

DIET:

1. It is okay to eat or drink whatever you want.
2. We encourage you to increase your fluid intake.

ACTIVITY:

1. It is okay to shower. **No bathing** until seen by the doctor.
2. It is okay to climb stairs when discharged from the hospital.
3. Walking is good exercise, which improves circulation. Do not over do it! Go easy at first and slowly increase the distance, as you feel better.
4. No lifting or strenuous activity for 4 - 6 weeks.

SEXUAL ACTIVITY: **No sexual activity for 4 weeks.**

MEDICATIONS: Please refer to the surgery medication list provided.

FOLEY CATHETER: (Tube in penis which drains your urine.) This tube will remain in for about two days post surgical procedure. It is normal to feel some pressure and discomfort from the catheter. You may also experience some leaking around the catheter; this is normal. Always make sure that the tubes are not kinked so the urine can flow freely. If the catheter is not draining well or if leakage is excessive around the cath, please call the office at **(585)232-2980**.

BOWELS: One should avoid straining during a bowel movement. You may be given a stool softener to promote regular bowel movements, or you may elect to use Metamucil, or add fruits and vegetables to your diet. Milk of Magnesia 30 cc is recommended if your stools are hard or if you feel constipated.

FOLLOW UP: Your follow up catheter removal appointment is scheduled for N DShort at N Time in our N Loc Name office.
Your two week follow up appointment is scheduled for:

Please note: You will need to report to the office 10 minutes prior to your scheduled appointment time(s).

If your catheter has been removed prior to your above scheduled appointment, please call the office to cancel the appointment. If you develop a fever, are unable to empty your bladder, have increased

pain or your catheter becomes plugged, please call us at (585)232-2980.
