



Patient Instructions

HOLAP

HoLAP (Holmium laser ablation of the prostate) is a minimally invasive surgical technique for treating the enlarged prostate and is usually performed under general anesthesia. The procedure uses a laser to remove obstructing prostate tissue. It can be performed as an outpatient procedure and usually takes one hour or less depending on the size of the prostate to complete.

Activity

While the healing process occurs certain precautions are needed to ensure that this area of healing is not disturbed over the next 4 weeks. Your physical activity should be restricted. During this time use the following guidelines:

- A. No lifting heavy objects (anything greater than 10 lbs).
- B. No driving if you are still taking pain medications.
- C. No strenuous exercise, limit stair climbing to a minimum
- D. No sexual intercourse until okayed by your doctor
- E. You may shower. No tub baths while Foley catheter is in place.

Bowels

It is important to keep your bowels regular during the post-operative period. Straining with bowel movements may cause bleeding. You may take a stool softener or a mild laxative if needed.

Operative Site

You will have a Foley catheter in place. This catheter is very important for your early post-operative recovery. It essentially puts the bladder and prostate at rest, and if there is any bleeding it allows the blood to drain out immediately rather than staying in the bladder to form clots. Occasionally clots will form and the tube will stop draining. If this occurs the nurses will irrigate the catheter to free the clots. You can expect to be in the recovery room approximately 1 ½ to 2 hours. You will be given a leg drainage bag that is worn around your leg to go home with. It is recommended to wear loose comfortable pants. You will be instructed by your nurse prior to being discharged on how to remove the catheter at home when your doctor deems appropriate. It is important to understand that even with the catheter in place you may have the feeling you need to urinate. You may also experience bladder spasms which may cause some leaking around the catheter, especially during bowel movements. Please contact the office if you have excessive leaking or bladder spasms, pain that is not under control with the pain medications your doctor has prescribed for you.

Post Operative Expectations

Because of the raw surface around your prostate and the irritating effects of urine you may have frequency of urination and/or urgency and perhaps even more getting up at night. This will usually improve slowly over the healing period and may take up to 4-6 weeks for these symptoms to resolve. You may see some blood in your urine off and on for 4-6 weeks after surgery. Do not be alarmed, rest and drink extra fluids until the urine clears. If you start to pass clots or the bleeding does not improve in 24 hours please contact your doctor.

Please feel free to contact the office anytime you have any additional questions or problems. Please call 249-3900 and ask to speak with a triage nurse.