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WHAT TO EXPECT POST YOUR HOLEP PROCEDURE

This information explains what you may experience post your procedure and how to take care of yourself during this time.

Expect:

- There is usually some bleeding from the prostate after the procedure which results in blood in the urine which can last up to 6 weeks post your procedure, but usually settles at 2 weeks. Blood in the urine can stop and start during your recovery period.
- The catheter is generally removed on the morning after surgery. The nurses will monitor and ensure you are urinating successfully prior to leaving the hospital.
- The expected hospital stay is usually one night
- You may experience increased urgency and frequency of urination post procedure and symptoms can sometimes regress in the early stage before they get better. This is your prostate healing and is normal post-operatively.
- You may experience penile tip pain post operatively.
- Dr Elmes will aim to see you the morning after surgery but he may be required in theatre the following day so may not be able to see. The nurses inform Dr Elmes of your recovery.
- Return to work can take up to 2 weeks post procedure but this depends on how your recovery is going, type of work and when you are comfortable. It is important to not do any heavy lifting or straining in the early stage of recovery. We advise no heavy lifting over 5kg during this stage. Dr Elmes rooms can provide you with a medical certificate if required.

What to do:

- Drink plenty of fluid so your urine is a light yellow or clear. Any fluids are fine. Please be aware that alcohol and caffeine are diuretics and these can trigger increased urgency and frequency of urine in the recovery period.
- Take **Ural** for the first 2-3 days if you have penile pain during urination. This helps make your urine more like water and less like lemon juice (maximum sachets a day is 4)
- **Movicol** is available from your local pharmacy – used to avoid constipation

Frequency/urgency/penile tip pain

- **Oxytrol patches, Betmiga OR Vesicare** is used to assist. These can be used a maximum of 2 patches/or tablets at any one time. Side effects: dry mouth, constipation, dry eyes, forgetfulness and rarely urinary retention. DO NOT use these two medications at the same time unless instructed by Dr Elmes.

Incontinence

- 20% of men experience leakage to varying degrees. You should utilise either Oxytrol patches or Vesicare (never both at the same time unless instructed by Dr Elmes) as well as avoid caffeine/alcohol
- Pelvic floor exercises are recommended to build your pelvic floor muscles and control your bladder post operatively. Your pelvic floor muscle can be found during urination when you cut off your flow. The muscle you use to do this is what you are training and strengthening. Try to utilise this muscle whenever you think of it. You can also use incontinence pads from your local pharmacy if necessary.

Pain

- Panadine Forte/Endone/Targin/Tapentadol – prescribed strong pain relieving drug. Side effects: dry mouth, constipation, nausea/vomiting, dizziness, light headed (do not drive if affected)

Avoid:

- Straining/strenuous activity and constipation for 4 weeks (this includes the gym)
- Driving within first week, thereafter drive cautiously
- Heavy lifting above 5kg for 6 weeks
- Sexual activity 4 weeks post operatively

Inform Dr Elmes' rooms if:

- Unable to urinate
- Heavy continuous bleeding +/- clots
- Fevers/unwell