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Uro-lift Discharge Information

Uro-Lift Discharge Instructions: Voiding after the procedure: You should be able to void after the catheter has been removed. Typically, there is symptom relief as early as two weeks after the procedure. It is common to have urgency, frequency and feeling the need to void often. Sometimes there is burning. This should resolve day-by-day, week-by-week. If you are having problems that seem out of the ordinary, call immediately. Most of the symptoms are mild to moderate in severity and resolve within two to four weeks after the procedure. Drink the amount of fluid it takes to keep the urine pink to clear in color. If the urine gets bloody, drink more. If it is pink to clear in color, you are doing fine. One typically has to drink more fluid the first few days after surgery and can decrease back to "normal" amounts as the urine is pink to yellow in color. If unable to void, call immediately.

Foley catheter: If you go home with a foley catheter, you will be instructed when to remove it. To do this, take a scissors and cut off the valve which is typically peach, red, yellow, purple or blue in color. Cut below the valve, wait 20-30 seconds for the water to drain, and then pull out the foley catheter. It should come out easily. If you feel irritated at the tip of the penis, it is ok to put some Bacitracin, Neosporin or Triple Antibiotic ointment around the tip of the penis.

Pain control: You will generally be given a prescription for a narcotic. Do not drive or do anything dangerous if you are taking narcotics. Often, extra strength Tylenol or Motrin will give excellent pain relief. Narcotics can cause constipation. If this occurs, take whatever works for you. Milk of Magnesia, prune juice, Miralax, Dulcolax or Magnesium Citrate are a few options.

Blood thinners: If you are on a blood thinner such as Aspirin, Coumadin, Plavix, Pradaxa, Effient or any other blood thinner, please ask your physician when it is safe to restart these medications. If you have a cardiac stent, often Aspirin is continued pre and postoperatively and it is essential that you discuss continuing/going back on any of these medications with your urologist, primary care physician and/or cardiologist.

Activity: Do not lift more than fifteen pounds for 2 weeks after the Uro-Lift procedure. If you see a lot of blood, you probably did too much. If this happens, sit down, drink more water until the urine clears up.

Food: Eat what you feel like. Sometimes after surgery people are not hungry or don't eat much. As long as you are able to eat/drink without nausea or vomiting, this is fine. Start slowly.

Fever: Call if there is a fever over 100 degrees.

Driving: Do not drive if you are taking narcotics. Wait at least one day before you drive. We just want you to be sure you will not be in pain and have an accident, hurt yourself or anyone else. If you question the ability to drive, wait until you are comfortable that you can safely drive.

Follow up: Please call the day of surgery or the next business day to arrange an appointment in 3 weeks. If you have any questions before that, please call the office.