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WHAT TO EXPECT POST YOUR UROLIFT PROCEDURE

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

Expect:

- Patients may experience some urinary discomfort during the recovery period
- Blood in the urine which can last up to 2-4 weeks post procedure
- Pain or discomfort when urinating, increased urge and frequency in urination which can last up to 4 weeks
- The catheter is generally removed on the morning after surgery. The expected hospital stay is no more than one night
- If you have had an anaesthetic you will be uninsured to drive for 24hrs
- Return to work is usually 1 week post procedure but this depends on how your recovery is going, type of work and when you are comfortable. Dr Elmes rooms can provide you with a medical certificate if required.

What to do:

- Drink plenty of fluids
- 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
- Oxytrol OR Vesicare patch - This is used if you have bothersome urgency and frequency, night-time urination incontinence/or penile tip pain. These can be used a maximum of 2 patches 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.
- Endone – 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
- Driving long distance within first week
- Sexual activity 6 weeks post operatively

Inform Dr Elmes' rooms if:

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