

Uro-Lift Discharge Instructions

Urinating after the procedure

- It is common to have urgency, frequency and feeling the need to urinate 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.
- Typically, there is symptom relief as early as two weeks after the procedure.
- If unable to urinate, call the office immediately. After hours go to the local ER.

Urinary 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.

Medications

- You may take Tylenol or Ibuprofen over the counter as directed
- If you become constipated, take whatever works for you. Milk of Magnesia, prune juice, Miralax, Dulcolax or Magnesium Citrate are a few options.
- If you are on a blood thinner such as Aspirin, Coumadin, Plavix, Pradaxa, Effient or any other blood thinner, you may restart these medications in 24 hours unless directed otherwise.
- If you were taking any prostate or bladder medications before surgery (e.g. Tamsulosin/Flomax, Finasteride/Proscar, Myrbetriq) you may continue these for 2-4 weeks after surgery and then stop them as your symptoms improve.
- You will be sent home on the following medications:
 - **Pyridium 100 mg twice a day up to 7 days** for relief of burning with urination. Your urine will turn orange on this medication
 - **Oxybutynin 5 mg twice a day as needed** for bladder spasms and frequent urination. Can cause dry mouth and constipation
 - **Tramadol 50 mg every 6 hours as needed** for uncontrolled pain

Activity

- Do not lift more than fifteen pounds for 1 week 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
- You may shower or tub bath tomorrow.
- 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.
- Do not drive until you are pain free. We just want you to be sure you will not be in pain and have an accident, hurt yourself or anyone else.

When to Call

- Tomorrow to schedule a follow-up visit in 1 month
- If you develop any of the following please call us immediately:
 - Fever > 101 degrees.
 - Inability to urinate
 - Nausea/vomiting or pain that is not improving.
- You may also message us via the Advanced MD Patient Portal for non-urgent questions.

Wishing you a speedy recovery!

Dr. Joe Pazona



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