

THE UROLOGY GROUP

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POSTOPERATIVE INSTRUCTIONS FOR UROLIFT

Once the catheter is removed after urolift, most men can void. A subset of men may not be able to void if the bladder is not ready to go yet and may need the catheter replaced. You should drink plenty of fluids during the day to promote increased production of urine. You can restrict the amount of fluids you drink later in the day so that you do not have to get up as much at night to urinate.

It will be normal to have burning and stinging with urination for the first two months. There may be blood which will develop on an intermittent basis during the first several months as well.

You should avoid strenuous activity during the first two weeks, which includes heavy lifting, bike riding, treadmill activity, or riding a lawnmower. Avoid sexual activity for two weeks. You may resume your normal daily activities. You may resume driving a car.

During the first several months, the primary milestone to look for is increased urinary flow. With the urolift procedure, the material which was blocking the urinary pathway has been pulled back away from the urinary pathway. The bladder should now be able to empty with better flow, which you will notice as a more powerful urinary stream. It is important to recognize that it may take a much longer timeframe for the frequency of urination, particularly frequency of urination at night, to reduce. The bladder has been working against obstruction for years. As the bladder has worked against obstruction, it has become thicker and less elastic so that its storage capacity is diminished. After the urolift procedure, the bladder is no longer working as hard against obstruction. Some of the thickening of the bladder muscle will lessen and the bladder will regain its elasticity. Its storage capacity will increase. When that occurs, there will be less of the "gotta go, gotta get there", but it may take anywhere from two to 12 months to notice that improvement. It is important to recognize that it took years for the bladder to get thicker and less elastic, and so it will take time for the bladder to reverse those changes.

Office follow-up at six weeks is advised. Most men are asked to do a "flow study". You should come to the office with a full bladder prepared to urinate. You will be asked to void in a special commode which allows measurement of the force of urinary flow to see if the force of urination is adequate.