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## **POST OPERATIVE INSTRUCTIONS FOR GREENLIGHT LASER**

**CATHETER CARE:** You may need to wear a catheter to drain you bladder after the procedure, depending upon how much swelling your doctor thinks may occur immediately following the GreenLight procedure. This catheter is generally removed within 24 hours.

**DIET:** You may return to your normal diet within 24 hours following surgery. You may have some mild nausea and possibly vomiting the first 6-8 hours following surgery. This is usually due to the side effects of anesthesia, and will disappear quite soon. We would suggest clear liquids and a very, light meal following surgery, then a normal diet as tolerated. Avoid beverages containing caffeine because they may cause bladder spasms.

**SPECIAL INSTRUCTIONS:** Unless you have been advised to limit your fluid intake due to another medical condition, drink one glass (8 oz or ¼ liter) of **water** for every hour you are awake, about 64 oz (or 2 liters) per day. Continue increased fluid intake for 3-4 days, unless told differently by our office.

**ACTIVITY LEVEL:** Take is easy for 2 to 3 days. Do not engage in activities requiring heavy lifting (greater than 10 lbs), gardening, bicycling etc. This will increase the pressure your abdomen puts on your bladder and may result in blood in your urine. Do not engage in sexual activity for 2 weeks.

**MEDICATIONS:** Take all medications as directed. Typical medications may include:

1. Antibiotic (prevents infection).
2. Non-steroidal anti-inflammatory drug (reduces inflammation).
3. A drug to reduce bladder spasms.
4. Mild over-the-counter pain reliever as needed.

**FOLLOW UP:** If you were not given a follow-up office visit prior, please call our office to schedule an apt after you get home.

**PROBLEMS YOU SHOULD REPORT TO OUR OFFICE IMMEDIATELY:**

1. Bright red bleeding in urine with a heavy clot.
2. Fever over 101 degrees F (38 degrees C).
3. Inability to urinate for more than 4 hours.
4. Feeling of bladder fullness that does not go away after urinating.