

## **Laser Vaporization of the Prostate - Instructions**

- It is normal to have blood in the urine post-procedure as well as some drainage and discharge around the catheter. Please drink moderate amounts of water to keep hydrated.
- There should be little pain, but you can certainly use any over the counter pain relievers you need (i.e. Motrin, Advil, Asprin, Tylenol, etc.).
- You should resume all of your normal home medications.
- Please take the antibiotic post-procedure that Dr. Joel or Dr. Mordkin has prescribed.
- The catheter should be removed approximately 3 or 4 days post-procedure, unless Dr. Joel or Dr. Mordkin has specified otherwise. Please call the office at 703.717.4200 to schedule the catheter removal.
- You may participate in normal, light activities (including driving and walking up and down stairs), but refrain from heavy activity or exercise for 3 weeks post-procedure.