

Home Advice for patients who have undergone HOLEP (Holmium Laser Enucleation of the prostate) Surgery



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Following your Operation:

It is important following your surgery to remain as mobile as possible

- Avoid strenuous activity (e.g. digging, carrying heavy items) for two weeks following your operation.
- Driving can be resumed after two weeks (please check with your insurance company).
- Maintain good fluid intake and avoid becoming constipated as straining may lead to bleeding.
- Avoid caffeinated drinks if experiencing significant frequency and urgency.
- Sexual activity may be resumed as soon as you feel ready. A small amount of blood or discolouration of the semen may be seen which will soon settle.
- You may pass small amount of blood in your urine for the first week.
- There may be temporary loss of urinary control following surgery. You should do pelvic floor exercises to strengthen your pelvic floor muscles to improve continence. You will get an instruction leaflet at the time of discharge.
- Depending on the work you do, you may return to work when you feel fit, which is usually two weeks.
- If you are going home with a catheter, a date for removal of the catheter will be given to you at the time of discharge.

When to call your doctor:

Be sure to call your GP if you develop any of the following:

- Persistent fever over 101° F (39°C)
- Bleeding
- Increased abdominal swelling
- Pain that is not relieved by your medications
- Persistent nausea or vomiting
- Chills
- Persistent cough or shortness of breath
- You are unable to eat or drink liquids

For 24 hours following your general or local anaesthetic:

- Do not drive a motor vehicle, ride a bicycle or operate machinery.
- Do not lock the bathroom or toilet door.
- Do not make important decisions or sign documents.
- Do not drink alcohol.

If there are any problems after you return home, please telephone your GP

The Day Care Unit is open Monday to Friday from 0700 hours to 2200hrs, should you have any concerns following your discharge home please do not hesitate to contact us on 01493 452022 or 01493 452029.

Out of these hours please contact NHS Direct on 111 or if you feel it is an emergency attend your local A&E department.

Feedback

We want your visit to be as comfortable as possible. Please talk to the person in charge if you have any concerns. If the ward/department staff are unable to resolve your concern, please ask for our Patient Advice and Liaison (PALS) information. Please be assured that raising a concern will not impact on your care. **Before you leave the hospital you will be asked to complete a Friends and Family Test feedback card.** Providing your feedback is vital in helping to transform NHS services and to support patient choice.

Trust Values

- Courtesy and respect
- A welcoming and positive attitude
 - Polite, friendly and interested in people
 - Value and respect people as individuals
So people feel **welcome**
- Attentively kind and helpful
- Look out for dignity, privacy & humanity
 - Attentive, responsive & take time to help
 - Visible presence of staff to provide care
So people feel **cared for**

- Responsive communication
- Listen to people & answer their questions
 - Keep people clearly informed
 - Involve people
So people feel **in control**
- Effective and professional
- Safe, knowledgeable and reassuring
 - Effective care / services from joined up teams
 - Organised and timely, looking to improve
So people feel **safe**



The hospital can arrange for an interpreter or person to sign to assist you in communicating effectively with staff during your stay. Please let us know.

For a large print version of this leaflet, contact PALS 01493 453240