Photoselective vaporization of the prostate (PVP) postoperative instructions

What is it?

PVP is a surgery in which a cystoscope, a thin lighted tube with a very small camera on the end, is passed into the tube that carries urine from the bladder out of the body. A laser is then used to vaporize excess prostate tissue that is limiting the flow of urine.

After surgery, what should I expect?

The surface of your prostate has been changed over the course of your surgery, so bleeding and blood in the urine on occasion is to be expected. This may take as long as one month to dissipate.

- Abdominal distention, constipation or bloating: Take a Colace OTC. If you have no movement after 24 hours it is fine to use a Ducolax suppository. Do not strain during your bowel during movement.
- Your urine may clear quickly and become pink-red tinted again two or three weeks after surgery. This is no cause for alarm and usually indicates that you performed too strenuous a task. Rest and drink liquids.

Diet and activity after surgery

- After surgery you will be given clear liquids such as broth, juices or gelatin. As you are able to tolerate it, you will return to a regular diet.
- You will be asked to walk soon after surgery to return circulation, breathing and bowel function back to normal. This is very important in preventing the occurrence of blood clots.
- Walk at least three times a day, gradually increasing your distance.
- Avoid heavy lifting, no more than 15 pounds. Also avoid other strenuous activity for the first three weeks after surgery. This may increase the presence of blood in the urine.
- You may shower when you arrive home after surgery.
- Avoid sexual activity for three weeks after surgery.

If you experience any of the following, please contact our office:

- Increased occurrence of blood in urine.
- Fever over 100.4° F, uncontrolled pain, nausea or vomiting.
- Difficulty passing urine or increasing presence of blood clots in urine that block your ability to pass urine.
- Inability to urinate or severe burning with urination that does not improve.

Please call our office at 503-561-7100 with questions. Office hours are 8 a.m. to 5 p.m. In the event of an emergency, call 911.

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Salem Health Urology
503-561-7100 | salemhealth.org/urology