



## Post-operative care following Urolift surgery

### What to expect after your Urolift procedure?

- You may experience a burning sensation when you urinate over the next 2-3 weeks
- You may notice a small amount of blood intermittently in your urine over the next 4-6 weeks
- Most men will feel back to normal after 1-2 weeks
- You may experience urinary frequency or urgency for 2-4 weeks (some men may need medication to help with these symptoms)
- Avoid sexual activity for 4 weeks

### What you can do to help with your recovery?

- Drink at least 8-10 glasses of water every day for the next 2-3 days. This will help you flush your bladder and reduce the risk of bleeding, clots from forming in your bladder and infection
- To avoid waking up to go to the bathroom at night, try reducing your fluid intake 2-3 hours before bed

### When should you contact us?

- When you have bleeding for more than a 24-hour period, or the bleeding is not improving with drinking more fluids
- When you see blood clots in your urine
- Burning when you urinate lasting more than 5 days
- Unable to urinate
- Having fever, chills or rigors
- Any other problems or concerns

### For further information:

If you have any concerns or questions, please contact as below:

- Urology nurse: 03 8415 1915 (during business hours)
- Your surgeon: (contact details on card)
- Ward 1 East, Epworth Freemason hospital: 03 9483 3602