

**Rivertown Surgery Center
822 Farrar Drive
Conway, South Carolina 29526
843-347-9587**

Post – Operative Instructions for Laser Procedure

1. You may have a catheter draining your bladder after the procedure, depending upon how much swelling your doctor thinks may occur immediately after surgery. The catheter is generally removed within 24 hours.
2. Do not drive or operate equipment for 24 hours following anesthesia.
3. Avoid beverages containing caffeine. Caffeine can cause bladder spasms.
4. You may resume your regular diet.
5. Take it easy for 2 to 3 days. No heavy lifting (anything greater than 20lbs.), gardening, bicycling, golf, motor cycle riding. This will increase the pressure your abdomen puts on your bladder and may result in blood in your urine.
6. No sexual activity for 2 weeks.
7. Drink one glass (8oz.) of water every hour you are awake per day. (Unless you have been advised to limit your fluid intake due to another medical condition.)
8. Take all medications as directed. Your medications may include:
 - a) An antibiotic to prevent infection.
 - b) Non-steroidal anti-inflammatory drug to reduce inflammation.
 - c) A drug to reduce bladder spasms.
 - d) Mild over-the-counter pain reliever as needed.
9. Please call the office immediately if any of the following symptoms appear:
 - a) Bright red bleeding in your urine with heavy clots.
 - b) Fever over 101 degrees F.
 - c) Inability to urinate for more than 4 hours.
 - d) Feeling of bladder fullness that does not go away after urinating.

Your follow-up appointment is _____

With Dr. _____

Please contact your physician with any questions at 843-347-8765.

I hereby certify that I understand the above instructions:

Patient signature: _____

Or family member/significant other signature: _____

Relationship to patient: _____

Post Operative Diagnosis: _____

Instructions given by: Nurse _____ **Date:** _____