

Instructions for Recovery: PVP Procedure

ACTIVITY:

Generally you need to be very inactive for 1 week: no lifting over 10 pounds and no vigorous activity (running, lifting weights, etc.). The color of your urine is a good general guide to activity level. As soon as the urine is clear to yellow without any visible blood for several days, you can cautiously begin to slowly resume normal activities.

Driving or riding in a car (or especially a tractor or riding mower) can really stir up bleeding from the prostate, so use caution in this regard. Wait at least 2 weeks after the procedure to drive or ride more than 15 minutes, then increase slowly after that, paying attention to the urine color. Use a foam pad the first several times when riding on a mower or tractor.

Note that the above restrictions do not automatically mean "no work". Some patients can return to work within a few days, depending on the type of work they do and how they feel.

PAIN:

Most men do experience some mild discomfort with urination after the procedure, but this almost always improves rapidly (within a day or 2). Otherwise, the pain level is usually minimal to none.

URINATION:

After PVP, some men have a persistent feeling of needing to urinate before the bladder is actually full. This will eventually resolve with time. Of those men who experience this, most are better within a few days, but others may take up to 3 or 4 months to resolve. There is medication available to help control these inappropriate urges, so please let me know if you experience this and it is bothersome to you.

LAB TESTS:

Please note that **if you have a urinalysis or a PSA blood test within 2 months of the procedure, it will be abnormal due to the normal healing process.**

DRIVING:

Please do not drive for 1-2 days after the procedure. After that time, assuming you are not needing narcotic pain medication, you may drive as long as you can quickly move the proper foot to the brake pedal without pain.

DIET:

You may resume your regular diet when you wake up after the operation, provided that you aren't nauseated. Keep in mind that it is important to avoid constipation during recovery, so eat a balanced diet with fiber in it. Stool softeners are recommended until bowels are moving regularly.

SEX:

Wait at least a week after PVP before sexual activity. After ejaculation, there may be some blood in the urine or semen. Remember that there may not be any semen produced after this procedure.

REASONS TO CALL:

Please call if you experience any of the following: fever; constipation; severe pain; inability to urinate; or persistently passing blood clots and blood.

FOLLOW-UP:

Please call the office (749-0639) to schedule a follow-up appointment in 3 to 4 weeks.