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Aquablation Therapy

Post-Operative Care Instructions for Patients

THE FIRST WEEK

- Rest, but **walk several times a day** starting the day of surgery.
- **Drink 8 to 10 glasses of water daily** — this flushes the bladder and prevents clots.
- Avoid caffeine, alcohol, and spicy food for a few weeks.
- Avoid constipation and straining — use a stool softener.

CATHETER CARE (IF YOU GO HOME WITH ONE)

- Keep the bag **below bladder level** at all times.
- Wash around the catheter daily with soap and water.
- Secure it to your leg to prevent tugging.
- Blood and sediment in the bag are normal.

Catheter removal appointment: _____

MEDICATIONS

- Acetaminophen (Tylenol) is usually sufficient; use prescribed pain medication sparingly.
- Finish the entire antibiotic course.
- Take a stool softener daily while on pain medication.
- **Resume blood thinners only when your surgeon tells you to.**
- Your BPH medications are usually stopped — confirm with your surgeon.

ACTIVITY

- **No heavy lifting over 10 pounds for 4 weeks.**
- No strenuous exercise, running, or cycling for 4 weeks.
- No driving while taking narcotic pain medication.
- Desk work in 1 to 2 weeks; physical work about 4 weeks.
- **No sexual activity for 4 weeks.**

WHAT IS NORMAL

- Blood in the urine, coming and going, for **up to 6 weeks**
- **A bleeding episode around days 7 to 14** as scabs separate — increase fluids and rest
- Passing tissue fragments and scabs for several weeks
- Burning, urgency, and frequency improving gradually over several weeks
- Some leakage or urgency initially as the bladder recovers

WHAT TO EXPECT OVER TIME

- Flow usually improves within the first few weeks.
- Irritative symptoms settle over 4 to 8 weeks.
- Continued improvement can occur for several months.

Follow-up appointment: _____

CALL THE OFFICE RIGHT AWAY IF YOU HAVE

Call 909.236.3333

- **Inability to urinate after the catheter is removed**
- Heavy bleeding, thick clots, or urine like tomato juice that does not clear with increased fluids
- Fever over 101°F or shaking chills
- Severe lower abdominal pain or bladder distension
- A catheter that stops draining
- Calf pain, swelling, chest pain, or shortness of breath — **go to the emergency room**
- Nausea and vomiting preventing fluid intake

If you have severe symptoms or an emergency, go to the nearest emergency room.
