



1818 N Orange Grove Ave, Suite 101, Pomona, CA 91711 • 909.236.3333 • FHUrology.com

UroLift® Prostatic Urethral Lift

Post-Procedure Care Instructions for Patients

WHEN YOU GET HOME

- Have a responsible adult drive you home if you were given any medication that makes you sleepy.
- Take it easy for the rest of the day. Most men resume normal activity the next day.
- Drink extra fluids — water is best — for the next several days to keep urine flushing through.

MEDICATIONS

- **Antibiotic:** If prescribed, finish the entire course.
- **Pain / anti-inflammatory:** Ibuprofen 400 mg with food as needed, up to 3 times daily for 1-2 days, unless you were told to avoid it. Acetaminophen (Tylenol) is also fine.
- **Pyridium** as prescribed for burning — this will turn your urine orange, which is harmless.
- Resume blood thinners only when your provider tells you to.

WHAT IS NORMAL

- Blood in the urine, coming and going, for up to two weeks
- Burning with urination, urgency, and more frequent trips to the bathroom — usually improving over 2 to 4 weeks
- A sense of pelvic pressure or mild discomfort
- Occasional small clots — increase your fluid intake if you see them
- Improvement in your stream beginning within the first couple of weeks

ACTIVITY, SEX & FOLLOW-UP

- Return to normal daily activity the next day as tolerated.
- Avoid heavy lifting and strenuous exercise for about one week.
- You may resume sexual activity after about one week, or when comfortable.
- UroLift is designed to preserve sexual function — it should not cause retrograde ejaculation.
- Keep your scheduled follow-up appointment.

ABOUT YOUR IMPLANTS

Your UroLift implants are **permanent**. Tell any future doctor, urologist, or imaging technician that you have them — especially before an MRI or any urologic procedure. Keep the implant card you were given with your medical records.

CALL THE OFFICE RIGHT AWAY IF YOU HAVE

Call 909.236.3333

- Fever over 101°F (by mouth) or shaking chills
- **Inability to urinate** — this needs prompt attention
- Heavy bleeding or large blood clots in the urine

- Worsening pain rather than gradual improvement
- Burning and urgency that is getting worse after the first week rather than better

If you have severe symptoms or an emergency, go to the nearest emergency room. If you need a catheter placed, tell the staff you have UroLift implants.