Laser surgery for prostate obstruction

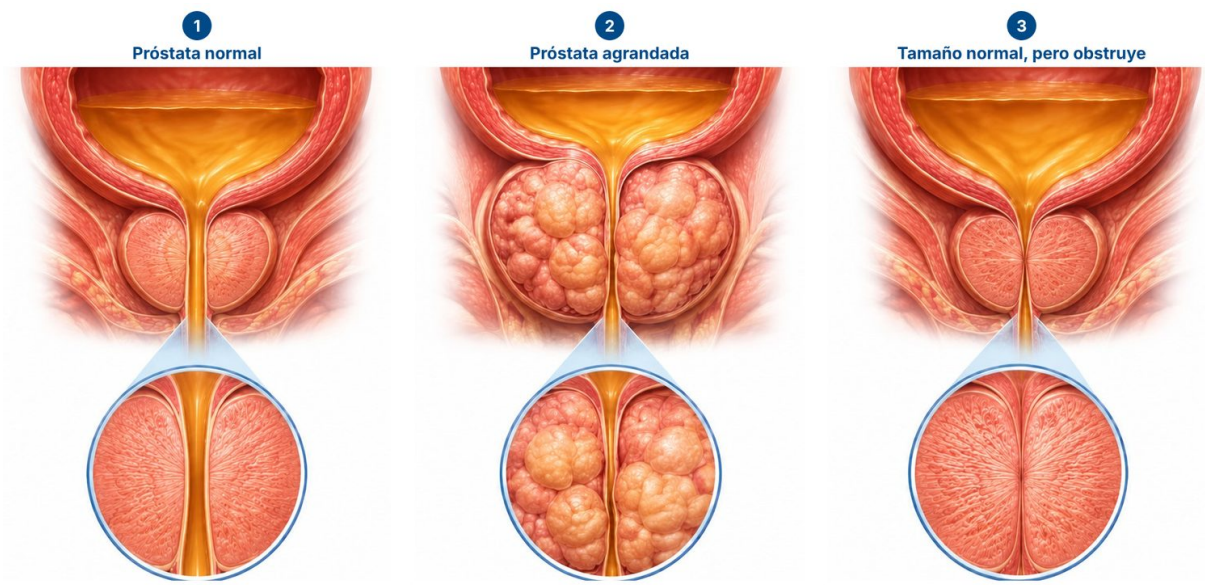
HOSPITAL STAY	CATHETER	NO VISIBLE SCARS	NORMAL LIFE
1 or 2 nights	**1 or 2 days**	**done through the urethra**	**in 3 or 4 weeks**

What is it for?

With age, the prostate tends to grow. This growth is NOT caused by cancer; it is normal and is called **benign prostatic hyperplasia**. But it can squeeze the urethra, the tube that carries urine out, and that is when symptoms appear. Sometimes the prostate is a normal size but still blocks the flow of urine. The most common symptoms are:

- It is hard to start passing urine, and the stream is weak or stops and starts.
- You have to get up several times at night to pass urine.
- You feel a sudden urge to pass urine.
- You feel that your bladder has not emptied completely.

HoLEP removes the part of the prostate that is causing the obstruction, so that urine can flow easily again.



La orina sale con facilidad por una uretra libre; si la próstata la comprime, cuesta orinar

Any questions? We are here to help
Appointments **+34 944 393 510** · WhatsApp **+34 688 873 045** · gestion@urologiaclinica.biz
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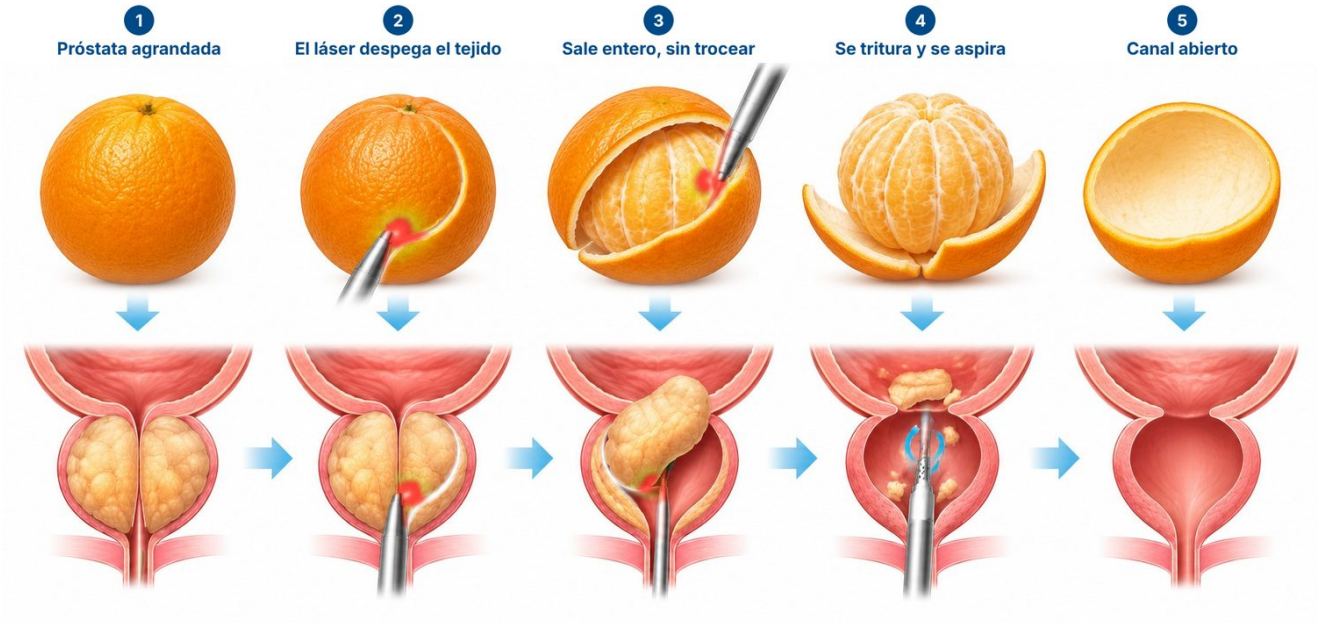
What does it involve?

HoLEP stands for **holmium laser enucleation of the prostate**. It is done through the urethra, with a fine instrument that carries a camera and allows a laser fibre to pass through, **with no wounds in the skin**.

The laser separates the obstructing part of the prostate, which is then removed. This tissue is sent to the laboratory for analysis to rule out other diseases.



Como al pelar una mandarina: el láser separa el tejido que obstruye de la cápsula, que queda como un canal amplio

Who is it for?

For men with symptoms due to prostate obstruction that do not improve with medication, who do not tolerate medication, or who simply prefer a quick and lasting solution. It is suitable for prostates of **any size**, including very large ones.

Advantages

- ✔ Less bleeding than traditional surgery (TURP or open surgery).
- ✔ Shorter hospital stay and quicker recovery.
- ✔ Long-lasting results: you are unlikely to need another operation in the future.
- ✔ Suitable for both small and very large prostates.

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Hospital stay and recovery

- You will stay in hospital for one or two nights.
- You will have a catheter in your bladder for one or two days.
- It is normal to see some blood in your urine for a few days. Drinking plenty of fluids helps to reduce it.
- You may have small urine leaks in the first few weeks. They usually go away on their own.
- Avoid physical exertion and sexual intercourse for at least one month.
- Most patients return to normal life within 3 or 4 weeks.

Risks

It is a safe and effective procedure that greatly improves quality of life. Even so, like any operation, it has risks. They are uncommon, and the most frequent are:

- **Bleeding and urine infection.** Bleeding improves by drinking fluids. To prevent infection we will give you an antibiotic before the operation.
- **Narrowing of the urethra.** This can occur, as with any operation through the urethra. If it happens, you may need another procedure to treat it.
- **Permanent urine leakage.** The risk is low.

This surgery has a **side effect** that occurs in a high percentage of patients:

- **Loss of ejaculation.** This happens to most patients (around 8 or 9 out of 10): at orgasm, no semen comes out. Orgasm hardly changes and the risk of erection problems is low.

When to call us

Call us on **+34 944 393 510** or go to the hospital Emergency Department if you have:

- A fever above 38 °C.
- Heavy bleeding or clots in your urine that do not improve with drinking fluids.
- You cannot pass urine, or the catheter stops draining.

This leaflet summarises general information about the technique. It does not replace your urologist's explanation or the informed consent form, which we will give you before the operation.

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