

## WHAT ARE THE BENEFITS OF HOLEP?

There are several short and long-term advantages that HoLEP has over older style procedures. These include:

- Less bleeding
- Lower chance of erectile dysfunction or incontinence
- Importantly allows sampling of tissue for prostate cancer
- Same maximal flow rate and urinary symptom improvement
- Minimal reoperation rate
- Shorter catheter times and hospital stays
- Protects the bladder and kidneys from chronic damage therefore avoid long-term catheters, infections and retention of urine



DR MARTIN ELMES  
UROLOGICAL SURGEON

*Specialising in*

**Robotic Prostate and Kidney  
surgery**

**Advanced BPH treatments**

**Tailored Erectile  
Dysfunction medications**

With over 10 years of expertise in the field of Urology, Dr Elmes provides a full range of high quality urological services for patients with the use of advanced techniques and cutting edge equipment to perform procedures. Dr Elmes is highly qualified in the field of urology having completed extensive surgical training throughout Melbourne and Sydney.

His main interests in the field include:

**Minimally invasive Robotic Prostate & Kidney surgery**

**Advanced BPH treatments**

*Laser prostate enucleation (HoLEP)*

*Rezum water vapour steam therapy*

*UroLift*

**Erectile Dysfunction**

*Needle-free Intracavernosal injections*

*Penile Prosthesis (no-touch technique)*

Visit our website or call us on (07) 5575 7922 for more information about our urological services.

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## A PATIENT GUIDE TO

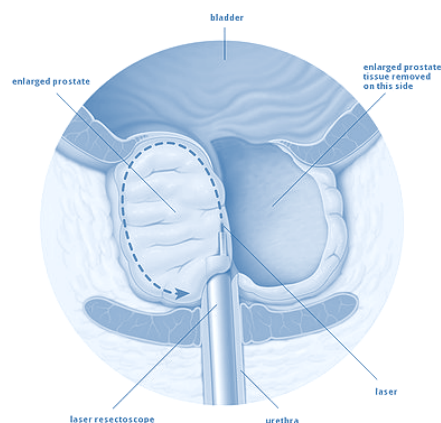
# Laser Prostate Enucleation (HoLEP)



DR MARTIN ELMES  
UROLOGICAL SURGEON

## WHAT IS LASER PROSTATE ENUCLEATION (HOLEP)?

HoLEP is an advanced minimally invasive treatment option for treatment of benign prostatic hyperplasia (BPH). The holmium laser follows the exact anatomical planes within a prostate with ultimate precision allowing complete resection of all obstructing prostate tissue whilst preserving the outer capsule, erectile nerves and urethral sphincter.



The procedure can be performed on men of any age suffering from urinary outflow obstruction and is particularly indicated in men with large prostates (over 60mls in size). It is also recommended for men who failed or do not wish to have medical therapy, are willing to tolerate retrograde ejaculation and do not wish to undergo older style procedures.

## WHAT LASER DEVICE IS USED BY DR ELMES?

The laser device used by Dr Elmes is the Cyber Ho 100. It brings outstanding innovation for treatment of BPH with high effectiveness, safety and durability.

Key features include:

- **FAST CUTTING** – The limited depth of penetration, together with the fast tissue incision, results in precise cut without affecting surrounding tissues
- **RELIABILITY** – clinical outcomes of HoLEP have been widely investigated, with many clinical studies demonstrating its safety and effectiveness in the longer term
- **SIZE INDEPENDENT** – HoLEP overcome the limitations affecting other BPH techniques regarding prostate size
- **EFFECTIVE HEMOSTASIS** – the Holmium radiation is highly absorbed by water, allowing quick coagulation of bleeding vessels
- **HIGH POWER** – Up to 105 W output, for fast quick incision, cutting down treatment time

## ABOUT THE PROCEDURE

The procedure is performed in hospital under a general anaesthetic. A tube is passed through the urethra, which allows a thin camera, Holmium laser fibre to be inserted.

This camera allows Dr Elmes to see the prostate and bladder and guides him for treatment. The precise focused laser beam removes the enlarged prostate resulting in the clearing of obstructive prostate tissue and opening of the urethra passage. A powerful high-speed cutting device known as a morcellator, removes the lasered tissue that has been resected.

The expected hospital stay is no longer than one night, although this depends on each individual and their recovery.



## WHAT TO EXPECT POST YOUR HOLEP PROCEDURE

### Expect:

- There is always some bleeding from the prostate after the procedure. Blood in the urine can last up to 2-4 weeks post your procedure
- Initially you may experience increased urinary frequency, urgency and burning sensation for the first 3-5 days after the procedure which progressively gets better
- The catheter is generally removed the morning after surgery. The expected hospital stay is no more than one night
- Return to work can take up to 2 weeks post procedure but this depends on how your recovery is going, type of work and when you are comfortable
- You may begin to experience symptom relief in as soon as 2 weeks with maximum benefit occurring in 3 months. Responses to treatment can and do vary.

### What to do:

- Drink plenty of fluid
- Take **Ural** for the first 2-3 days if you have
- **Movicol** is available from your local pharmacy – used to avoid constipation
- **Oxytrol patches** are used if you have bothersome urgency and frequency, night-time urination incontinence/or penile tip pain. These can be used a maximum of 2 patches at any one time and are to be used bi-weekly (change every 3.5 days). You may be prescribed with Vesicare, which is a tablet form of oxytrol to avoid skin irritation. \*Do not take Vesicare and Oxytrol at the same time
- **Endone**: prescribed strong pain relieving drug

### Avoid:

- Straining/strenuous activity and constipation for 4 weeks
- Driving long distance within first week
- Sexual activity 4-6 weeks post operatively

### Inform Dr Elmes' rooms if:

- If you are unable to urinate (urinary retention) contact our rooms, or if our rooms are unattended admit yourself to the emergency department for treatment
- Your urine becomes a red, thick strawberry jam consistency (i.e. heavy continuous bleeding +/- clots)
- Fevers/unwell
- You may be otherwise concerned