

After surgery care

Expect:

- There is always some bleeding from the prostate after the procedure, with urine becoming clear usually after 12 hours
- The catheter is generally removed on the morning after surgery. The expected hospital stay is no more than one night

What to do:

- **Drink plenty of fluid**
- You will be able to eat and drink on the same day as the operation when you feel able to.

Avoid:

- Straining/strenuous activity or constipation for 4 weeks

Inform Dr Elmes' rooms if:

- Unable to urinate
- Heavy continuous bleeding +/- clots
- Fevers/unwell



DR MARTIN ELMES

With over 10 years of expertise in the field of Urology, Dr Elmes provides a full range of high quality urological services for patients needs 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, BPH treatments (Advanced laser prostate enucleation (HoLEP) & UroLift) and Erectile Dysfunction (needle-free intracavernosal injections and penile prosthesis surgery). Dr Elmes is dedicated to teaching and training today's medical students, junior doctors and surgeons to ensure there is continuous development in the field of Urology.

Please visit our website or call us on (07) 5598 0098 for more information about what is best suited for you.

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PROCEDURE DATE:	
PROCEDURE LOCATION:	

TIME TO BE ADVISED BY ROOMS THE WEEK
PRIOR TO PROCEDURE DATE

A PATIENT GUIDE TO LASER PROSTATE ENUCLEATION (HoLEP)



UROLOGICAL SURGEON
DR MARTIN ELMES

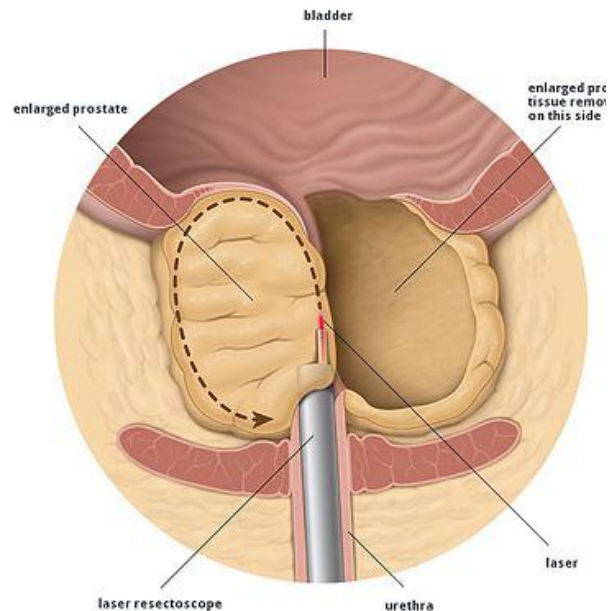
MBBS (MELB), FRACS (UROL. SYD)
ROBOTIC & LAPAROSCOPIC UROLOGICAL SURGEON

What is Laser Prostate Enucleation (HoLEP)?

Holmium Laser Enucleation of the Prostate (HoLEP) is the state of the art, platinum standard for BPH treatment. It is minimally invasive and follows the exact anatomical planes within a prostate with **ultimate precision** allowing complete resection of all adenoma (obstructing tissue) whilst **preserving the outer capsule, erectile nerves and urethral sphincter**.

HoLEP can be performed on men of any age with urinary outflow obstruction caused by an enlarged prostate. It is particularly indicated in men with large prostates (over 60mls in size) and men on medications to thin the blood such as warfarin, aspirin or clopidogrel.

The holmium laser penetrates just enough to precisely and quickly vaporize tissue without causing deeper thermal injury, coagulation necrosis or collateral damage.



Benefits of HoLEP

HoLEP holds **several advantages** over the traditional TURP or open prostatectomy operations:

- Less bleeding
- Lower chance of erectile dysfunction or incontinence
- Same maximal flow rate and urinary symptom improvement
- Minimal reoperation rate

It is **superior to green light** (side firing) laser:

- Importantly allows sampling of tissue to look for cancer
- Same low blood loss
- Lower chance of incontinence
- Greater improvement in flow rates and urinary symptoms
- Lower reoperation rate

About the procedure

Dr Elmes recommends HoLEP for all his patients with moderately to severely bothersome symptomatic BPH that have:

- Failed or do not wish to have medical therapy
- Are willing to tolerate retrograde ejaculation

This is done 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 guide him for the treatment with the precise focused laser beam to cut away the enlarged prostate.



Dr Elmes is one of the only providers of this advanced procedure in Australia and has pioneered its introduction into Queensland.