

# GreenLight™ Laser Therapy

## Frequently asked questions

### **What is GreenLight Laser Therapy?**

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GreenLight Laser Therapy uses a laser to remove excess prostate tissue. The laser treatment is delivered through a thin, flexible fiber, which is inserted into the urethra through an instrument called a cystoscope.

### **How does GreenLight Laser Therapy work?**

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A small fiber is inserted into the urethra through a cystoscope. The fiber carries laser energy that quickly removes prostate tissue. The tissue removal will allow urine to pass through freely. Natural urine flow is rapidly restored and urinary symptoms are quickly relieved in most patients.

### **Do I have to stay in the hospital after a GreenLight procedure?**

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GreenLight Laser Therapy is generally an outpatient procedure. Typically, no overnight stay in the hospital is required, but it will depend on your individual condition.

### **Will I experience discomfort during the procedure?**

Your doctor will discuss anesthesia requirements, as well as pain medication to ensure your comfort during and after the procedure.

### **Will I experience discomfort after the procedure?**

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Most patients experience mild discomfort such as slight burning during urination for a week or so. This can be managed with mild pain and anti-inflammatory medication.

### **What are the risks of GreenLight Laser Therapy?**

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All surgical treatments have inherent and associated risks. The GreenLight Laser System is intended for removal of soft tissue, including vaporization of the prostate for benign prostatic hyperplasia (BPH). Potential risks include irritative symptoms, bleeding, retrograde ejaculation and urinary tract infection. You should talk with your doctor about benefits and risks before moving forward with any treatment option.

### **How long will it be before I notice results?**

Most patients experience very rapid relief of symptoms and a dramatic improvement in urine flow. This typically occurs within 24 hours of the procedure. However, medical history, your health condition and other factors can influence treatment and recovery.

### **How soon can I return to work or normal activity?**

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Most patients can resume normal activities within a couple of days. Typically, strenuous activity can be resumed within a short time. Your doctor will discuss any restrictions and your specific condition during your consultation.

### **Will there be any sexual side effects?**

You should be able to have normal sexual experiences, including the same sensation of an orgasm, after the procedure. Some men may experience "retrograde ejaculation," or "dry climax." This does not affect erection or orgasm.

### **How is GreenLight™ Laser Therapy different from transurethral resection of the prostate (TURP)?**

Transurethral resection of the prostate (TURP) is a procedure that involves use of a heated wire to cut excess tissue from the prostate and has been used to treat an enlarged prostate for many years. Instead of cutting, GreenLight Laser Therapy uses a laser to vaporize excess prostate tissue.

### **Is GreenLight Laser Therapy as effective as TURP?**

A recent clinical study to compare the two procedures showed similar improvement in urinary symptoms and urine flow. GreenLight Laser Therapy was shown to provide shorter recovery and less catheterization time.<sup>1</sup>

### **Is GreenLight Laser Therapy covered by insurance?**

Medicare and most private insurers cover the GreenLight Laser Therapy procedure. Boston Scientific does not guarantee insurance coverage for any procedure or product. It is the responsibility of the patient to contact their insurance provider for specific coverage information.

### **How long has GreenLight Laser Therapy been around?**

GreenLight Laser Therapy has been marketed since May 2001 and over 900,000 patients have been treated worldwide with the therapy.<sup>2</sup>

### **How do I know if I am a candidate for GreenLight Laser Therapy?**

Only your doctor can determine if you are a candidate for GreenLight Laser Therapy. The GreenLight procedure is generally appropriate for most symptomatic BPH patients. You and your doctor will assess your symptoms and desired outcomes together and determine the best course of treatment.

### **How do I know if I should have a GreenLight Laser Therapy procedure?**

You and your doctor will assess your symptoms and desired outcomes together before choosing the best course of treatment for you.

# Greenlight Post-Op Instructions

## **Post-Procedure Patient Instructions:**

1. Follow your doctor's instructions
2. You may need to wear a catheter to drain your bladder after the procedure this catheter is usually removed within 24 hours.
3. Do not drive or operate dangerous equipment for 24 to 48 hours following anesthesia.
4. Avoid beverages containing caffeine because they may cause bladder spasms avoid carbonated beverages citrus juices or alcohol
5. Activity level take it easy for 2 to 3 days to not engage in activities requiring heavy lifting gardening bicycling etc. this will increase the pressure your abdomen puts on the bladder and may result in blood in your urine
6. Take all medications as directed typical medication *may* include:
  - a. Anti-biotic prevents infection
  - b. Non-steroidal anti-inflammatory drug ( reduces inflammation )
  - c. A drug to reduce bladder spasms
  - d. Mild over the counter pain reliever as needed
7. Do not engage in any form of sexual activity for two weeks
8. Take a stool softener if needed to avoid becoming constipated for 14 days
9. Unless you have been advised to limit your fluid intake due to another medical condition drink one glass 8 ounce or 1/4 Liter of water every hour you are a week about 64 and ounces or 2 Liters per day
10. Please call the office to schedule a follow up appointment
11. Please call the office immediately if any of the following symptoms appear:
  - a. Bright red bleeding in urine with a heavy clot
  - b. Fever over 101°F 38°C
  - c. Inability to urinate for more than four hours
  - d. Feeling of bladder phone is dead does not go away after urinating

**Please contact the doctors office to answer any of your needs or concerns**