

## **Optilume Post Op Instructions**

### **Activity and Rest:**

Rest as much as possible immediately following the procedure. Avoid strenuous activities for a few days or as advised by your healthcare provider.

Gradually resume normal activities as you start feeling better.

### **Pain Management:**

You may experience some discomfort or pain after the procedure. Your doctor may prescribe pain medication or recommend over-the-counter pain relievers to manage this discomfort.

Follow your healthcare provider's instructions regarding pain management carefully.

### **Hydration:**

Drink plenty of water to stay hydrated, unless otherwise instructed by your healthcare provider.

### **Bathing:**

Your doctor will advise you on when it's safe to resume bathing or showering after the procedure.

Avoid soaking in baths or hot tubs until your healthcare provider gives the green light.

### **Diet:**

Follow any dietary restrictions provided by your healthcare provider, especially if there are concerns about digestion or bowel movements post-procedure.

### **Follow-up Appointments:**

Attend all follow-up appointments as scheduled. These appointments are crucial for monitoring your progress and ensuring proper healing.

Inform your doctor of any unusual symptoms or concerns during these appointments.

**Catheter Care (if applicable):**

If you have a catheter in place after the Optilume procedure, follow your healthcare provider's instructions for its care. Keep the catheter and the area around it clean and dry. Follow specific instructions for catheter removal, if provided.

**Medications:**

Take any prescribed medications as directed by your healthcare provider. Inform your doctor of any allergies or adverse reactions to medications.

**Symptoms to Monitor:**

Keep an eye out for any unusual symptoms such as excessive bleeding, severe pain, fever, or signs of infection around the surgical site. Contact your healthcare provider immediately if you experience any concerning symptoms.

**Activity Restrictions:**

Avoid heavy lifting or strenuous exercise until your healthcare provider advises it's safe to do so.