

## Post Urolift Instructions

### **Activity and Rest:**

It's important to balance rest with light activity. Avoid strenuous activities for the first few days after the procedure. Walking and light movement are encouraged to aid in circulation and promote healing, but avoid heavy lifting and intense physical exertion.

### **Medications:**

Take any prescribed medications as directed by your healthcare provider. .

### **Bathing and Hygiene:**

You may be advised to avoid bathing in tubs or swimming pools for a certain period after the procedure to reduce the risk of infection. Showering is usually permitted, but avoid exposing the treated area to direct water pressure.

### **Diet:**

Maintain a healthy, balanced diet to support your recovery process. Drink plenty of fluids to stay hydrated, unless otherwise instructed by your healthcare provider.

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

Attend all scheduled follow-up appointments with your healthcare provider to monitor your progress and address any concerns.

Be sure to ask any questions or seek clarification on any aspect of your recovery during these appointments.

### **Symptoms to Monitor:**

Keep an eye on any unusual symptoms such as fever, severe pain, persistent bleeding, or difficulty urinating.

Contact your healthcare provider immediately if you experience any concerning symptoms or complications.

### **Urination:**

You may experience some discomfort or changes in urination patterns in the days following the procedure. This is normal and should improve over time. If you experience difficulty urinating or other urinary symptoms that worsen or persist, contact your healthcare provider for guidance.

### **Follow Your Doctor's Instructions:**

Always follow the specific post-operative instructions provided by your healthcare provider. These instructions may vary depending on individual factors and the specifics of your procedure.