

Vaporized your  
Prostate Bloodless  
with world's latest and  
best treatment modality



# Greenlight XPS Laser 180 Watt



Grant Medical Foundation

*Ruby Hall Clinic*

*Wanowariè*

**Go Back Home Same Day without a Catheter**

# **GreenLight™ Laser PVP (Photoselective Vaporization of the Prostate)**

GreenLight™ Laser PVP (Photoselective Vaporization of the Prostate) is a procedure used in the treatment of Benign Prostatic Hyperplasia (BPH), an enlargement of the prostate gland resulting in urethral restriction. The prostate is a small gland circling the urethra immediately below the neck of the bladder. It has a vital function in the male reproductive system by secreting a fluid into the urethra during ejaculation.

## **What is BPH?**

As men age, the size of the prostate gland slowly increases. This is commonly known as Benign Prostatic Hyperplasia (BPH) or Lower Urinary Tract Symptoms (LUTS). More often than not, males over the age of 50 years suffer from prostate related illnesses due to its growing size. If untreated, prostate gland enlargement can block the flow of urine out of the bladder and can lead to bladder and kidney problems, including urinary tract infections, bladder stones, bloody urine and even kidney failure. It may also give birth to a number of issues including prostate cancer. Statistically, 1 in 5 men get diagnosed with prostate cancer during their lifetime.

## **And what are the symptoms?**

Symptoms from benign prostate enlargement (BPH) can significantly impact the quality of life for most patients and as with any prostatic problem, these include:

- 1) Frequency of urination (increase in the number of times)
- 2) Urgency to urinate (becomes unavoidable)
- 3) Straining (forcefully trying to empty the bladder)
- 4) Hesitancy during urination (weak stream of urine)
- 5) Urge even after urination (incomplete / unsatisfied emptying feeling)
- 6) Burning or pain during urination (dysuria)
- 7) Dribbling of urine
- 8) Some amount of blood in urine (haematuria)
- 9) Frequency of urination at night (nocturia)



## What is green light laser therapy?

In recent medical history, lasers have been used in many areas of medicine including eye and cosmetic surgery. Now, they find their place to treat an enlarged prostate. GreenLight XPS™ Laser Therapy is a minimally invasive treatment option that combines the effectiveness of the traditional surgical procedure known as transurethral resection of the prostate (TURP) with fewer side effects.

It is a procedure performed with a small fibre that is inserted into the urethra through a cystoscope. The fibre delivers high powered laser energy which quickly heats up the prostate tissue, causing the tissue to vaporise. This process is continued until all of the enlarged prostate tissue has been removed. The result is a wide open channel for urine flow to pass through, but with fewer risks of side effects, including erectile dysfunction and bleeding.

Typically, the procedure is performed as a same-day surgery. Many patients can go home without a urinary catheter. However, an overnight stay may be recommended for some patients.



## What to expect during your treatment?

Each patient is different, therefore treatment procedures may vary. Below is a general de-scription of the procedure and what to expect:

Before treatment begins, you may be asked to empty your bladder.

You will then be brought into the procedure room and moved to the treatment bed where you will lie on your back. Your doctor may give you a medication to help you relax.

The procedure is typically performed under general anaesthesia. Once the anaesthe-sia takes effect, your doctor will insert a small scope into your urethra. The scope al-lows your doctor to see the inner surfaces of the urethra, prostate and bladder.

The laser fibre is introduced through the cystoscope and advanced into the urethra at the location of the prostate. The physician systematically vaporises the enlarged prostate tissue until the obstruction is removed.

At the end of the procedure the physician may place a temporary catheter to let urine drain from your bladder.

## Benefits of Greenlight™ Laser PVP

- Minimal bleeding
- Only 30% of patients need a post-op catheter
- Discharge on the same day
- Resume normal activities in 2 to 3 days with caution
- Return to vigorous activity level in 4 to 6 weeks
- Complications occur infrequently & are mild if they do
- Post-operative impotence has not been associated with PVP
- Retrograde ejaculation is less likely with PVP
- Erectile Dysfunction is not typical in PVP patients
- Long-term success in improved urine flow
- Fewer symptoms of urinary obstruction



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## What to expect after your treatment?

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

If a catheter was placed in your bladder at the end of the procedure, it will typically be re-moved within 24 hours. However, patients with compromised bladder function or those who have required prolonged catheterisation as a result of severe urinary symptoms may require a catheter for a longer period of time. As such, most patients can go home on the same day or within a few days post observation. Regular activities can also be resumed within a few days.

Before discharge, your doctor will provide you with specific discharge instructions and in-formation on signs and symptoms that may require further medical attention. You may experience mild discomfort such as slight burning during urination and see small amounts of blood in your urine for a week or so. Also, depending on the condition of your bladder, you may experience greater frequency and urge to urinate which will likely resolve over time.



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Adding **Comfort** to **Care**

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