

GreenLight Laser PVP Surgery

A simple guide for enlarged prostate treatment

What is GreenLight PVP?

GreenLight laser surgery is a procedure used to treat urinary blockage from an enlarged prostate. The full name is GreenLight photoselective vaporization of the prostate, also called PVP.

This procedure is usually best for men with a smaller or moderate-sized prostate. In our practice, this is commonly considered for prostates up to about 60 grams, depending on prostate shape, symptoms, bladder function, and overall health.

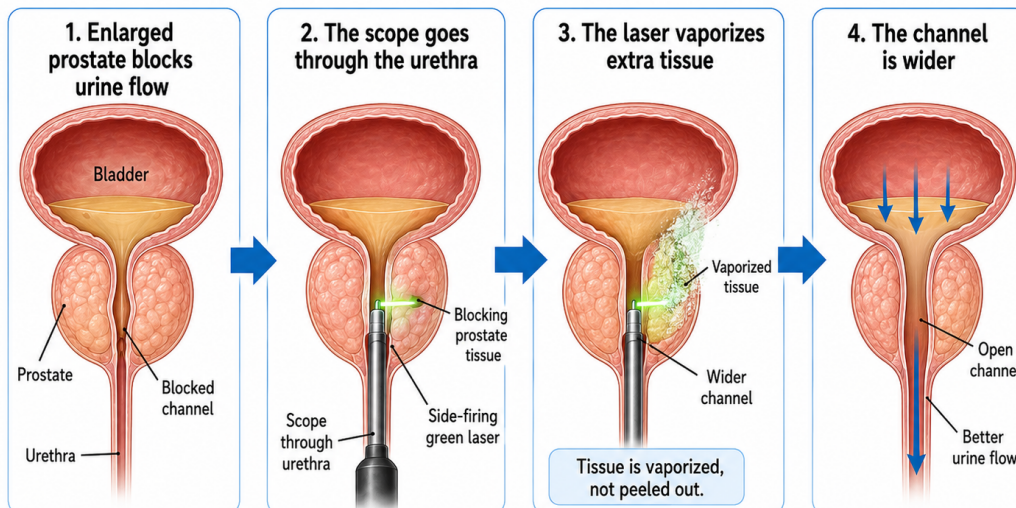
What is an enlarged prostate?

The prostate is a gland below the bladder. The urine tube passes through the middle of it. As men get older, the prostate can grow and squeeze the urine tube.

- Weak urine stream
- Starting and stopping
- Pushing or straining to urinate
- Getting up often at night
- Feeling like the bladder does not empty
- Needing to urinate again soon after going
- Urinary retention, catheter need, bladder stones, infections, or kidney/bladder problems in some men

GreenLight Laser: Opens the Urine Channel

A side-firing green laser vaporizes extra prostate tissue to improve urine flow.



GreenLight uses a side-firing laser to vaporize blocking prostate tissue and make a larger urine channel.

i No skin incision. The instruments go through the penis and urethra.

Education only. Follow the instructions from your urology team.

How GreenLight works

What does the laser do?

GreenLight uses a special green laser to open the urine channel. The instruments go through the penis and urine tube. There are no skin cuts.

The laser points sideways at the extra prostate tissue that is blocking the channel. The laser heats and vaporizes that tissue layer by layer. This makes the channel wider so urine can flow better.

Simple explanation: GreenLight opens the tunnel by vaporizing the prostate tissue that is squeezing it.

What GreenLight is not

GreenLight is not prostate cancer surgery. It does not remove the whole prostate.

GreenLight treats urine blockage from benign prostate enlargement. It does not treat prostate cancer.

Because the tissue is vaporized, there may not be a large tissue sample to send to pathology. Your doctor will still follow your PSA and prostate cancer screening separately if needed.

Why GreenLight may be recommended

- Medicines are not helping enough.
- Medicines are causing side effects.
- Your urine stream is weak or blocked.
- You are not emptying your bladder well.
- You have urinary retention or need a catheter.
- You have bladder stones, infections, bleeding, or kidney/bladder problems from blockage.
- Your prostate size and shape make GreenLight a good option.
- You want a procedure with no skin incision and a reasonable recovery time.

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Surgery day and healing

What to expect on surgery day

You will receive anesthesia so you are comfortable and do not feel the procedure.

The surgeon places a camera through the penis and into the urine tube. The GreenLight laser is passed through the camera. The laser vaporizes the extra prostate tissue and opens the urine channel.

A catheter is usually placed at the end of surgery to drain the bladder. Many patients go home the same day. Some patients may stay overnight depending on bleeding, medical issues, transportation, or the surgeon's plan.

Catheter after surgery

Most men have a catheter for a short time after GreenLight. Some men go home without a catheter. Some men go home with a catheter for 1 to 3 days.

This depends on urine color, swelling, bleeding, and how well the bladder drains. If you go home with a catheter, the clinic will tell you when and where it will be removed.

What can be normal during healing?

- Burning when you urinate
- Urgency, meaning you have to rush to the bathroom
- Urinating often
- Getting up at night
- Bladder spasms
- Light pink urine
- Small blood clots
- Mild leakage or dribbling

These symptoms usually improve with time. The urine may look clear one day and pink again the next day, especially after more activity. This can be part of healing.

Symptoms, sex, activity, and risks

What GreenLight may not fix

GreenLight opens the urine channel. It works best when symptoms are caused by blockage from the prostate.

Some problems can come from the bladder itself. If the bladder is overactive, weak, stretched out, or damaged from years of blockage, you may still have urgency, frequency, nighttime urination, leakage, or trouble emptying completely.

Sexual side effects

GreenLight usually does not cause erectile dysfunction.

It can cause dry ejaculation or retrograde ejaculation. This means little or no semen comes out during orgasm. This is not dangerous, but it can affect fertility.

Tell your doctor if future fertility is important to you.

Activity after surgery

- Walk around the house. Do not sit still all day.
- Drink water unless another doctor told you to limit fluids.
- Avoid heavy lifting until cleared.
- Avoid straining, pushing, pulling, and hard exercise at first.
- Avoid biking, motorcycle riding, horseback riding, and riding lawn mowers until cleared.
- Prevent constipation because straining can worsen bleeding.
- For construction, plant/refinery work, warehouse work, truck driving, heavy lifting, or outdoor labor, ask when you can return and whether you need light duty first.

Important risks

- Bleeding or blood clots
- Infection or fever
- Burning, urgency, frequency, or bladder spasms
- Temporary trouble urinating after catheter removal
- Needing the catheter replaced for a few days
- Temporary urine leakage
- Dry ejaculation or retrograde ejaculation
- Scar tissue in the urethra or bladder opening
- Persistent urinary symptoms
- Need for another prostate procedure later
- Injury to the urethra, bladder, prostate area, or nearby structures
- Anesthesia, heart, lung, or blood clot complications

Education only. Follow the instructions from your urology team.

When to call

Call your urologist or go to the ER now if:

- You cannot urinate.
- Your catheter stops draining.
- Urine is thick bright red, like tomato soup.
- You pass large clots.
- You have fever higher than 101°F.
- You have chills or feel very sick.
- You have nausea and vomiting that will not stop.
- You have severe pain that is not controlled with medicine.

Key points to remember

- GreenLight treats urinary blockage from an enlarged prostate.
- It uses a side-firing green laser to vaporize extra prostate tissue and make a larger urine channel.
- It is usually used for smaller or moderate-sized prostates.
- It does not remove the whole prostate.
- It is not prostate cancer surgery.
- Some burning, urgency, frequency, and blood in the urine can be normal during healing.
- Dry ejaculation can happen.
- Some men may need another prostate procedure later, especially if the prostate continues to grow or if symptoms return.
- Your urologist will recommend the safest and most appropriate option for your prostate and bladder.

This handout gives general information. Your surgeon may give different instructions based on your prostate size, prostate shape, bladder function, catheter plan, and other health problems.