

MINIMALLY INVASIVE SURGERY · UMIBA

# Transurethral resection of the prostate

bipolar - TURIS

## Procedure

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You are about to undergo a bipolar transurethral resection of the prostate with the Olympus TURIS system. The procedure removes the prostatic adenoma through the urethra using a spherical bipolar electrode that lights up to form a corona of plasma. Beyond vaporizing the tissue, a circular loop can first take fragments of it to provide samples for analysis should the case require it. Plasma vaporization is a novel procedure that gives the patient the highest degree of safety while being as effective as the standard treatment option. It also allows large prostatic volumes to be treated in a minimally invasive way with a quick recovery.

## Preparation

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Proper preparation before surgery is important.

- Do not take aspirin for 7 days before surgery.
- Buy a pair of surgical anti-thrombotic (compression) stockings at a medical-supply store. They should reach the groin and provide medium compression.
- Arrive on the day of surgery having fasted for 8 hours (nothing by mouth). If you take morning medication, you may do so with a small sip of water.
- Bring the complete pre-surgical work-up.
- You will be admitted several hours before your surgery.

## Recovery

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When you wake from surgery you will have a urinary catheter in place. It is removed the next day, before discharge.

## Postoperative care

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- Avoid physical exertion.
- You may drive one week after surgery.
- Resume your usual medication.
- Eat a varied diet, avoiding foods that cause constipation.
- You may drink alcohol.
- Your urinary frequency will increase for a few weeks, and you will have episodes of urgency (a sudden rush to urinate). These will gradually subside.
- During the following week, you should have a follow-up urine culture.
- Your ejaculate volume will decrease considerably.

## Complications

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This type of surgery is marked by little bleeding and a very low complication rate. Even so, brief bleeding can occur afterward that resolves once you drink more fluids. Infection is possible with any urinary-tract surgery; if it happens, you will need antibiotic therapy afterward.

SEE THE PROCEDURE

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