Greenlight Laser Therapy

GreenLight laser therapy is a minimally invasive treatment for benign prostatic hyperplasia (BPH), commonly known as enlarged prostate. This advanced procedure involves a laser fibre that is carefully inserted through the urethra—the tube that carries urine from your bladder—and directed into the prostate gland. The laser emits short pulses of light that are absorbed by the prostate tissue, causing it to vaporise. This process effectively reduces the size of the prostate, alleviating the pressure on the urethra and enhancing urinary flow.

At Birmingham Prostate Centre, we perform GreenLight laser therapy as a day case procedure. It offers a safe and effective alternative to traditional prostate surgery, allowing patients to experience significant symptom relief without the need for a prolonged hospital stay.

Why Choose Greenlight Laser Therapy?

GreenLight laser therapy is recommended for men experiencing moderate to severe urinary symptoms due to BPH. These symptoms often include:

- Frequent urination, especially at night
- Urgency to urinate
- Difficulty starting urination
- Weak urine stream or a stream that stops and starts
- Inability to completely empty the bladder

GreenLight laser therapy is particularly suited for men looking for a solution with fewer side effects and a quicker recovery compared to traditional surgical options.

What Does Greenlight Laser Therapy Involve?

Preparing for GreenLight laser therapy

To ensure you receive the best outcomes from your GreenLight laser therapy for benign prostatic hyperplasia (BPH), we follow these essential steps before your treatment:

Medical assessment:

- **Prostate assessment**: Your urologist will conduct a comprehensive evaluation, including a physical examination of your prostate and possibly a prostate ultrasound, to accurately diagnose BPH.
- **Health review**: A thorough assessment of your overall health will be performed to ensure you are

fit for the procedure.

Medication review:

- Discuss all current medications with your urologist. Adjustments may be necessary, especially if you are taking blood thinners, to minimise the risk of bleeding during the procedure.

Fasting:

- You may be required to fast, typically overnight, before the procedure to prepare for a general anaesthetic.

Pre-procedure instructions:

- Follow specific instructions provided by your healthcare team. These may include guidelines on medication intake, hydration, and other necessary preparatory measures.

Transport arrangements:

- Arrange for someone to drive you home after the procedure. The effects of a general anaesthetic can impair your ability to drive temporarily.

What To Expect During Greenlight Laser Therapy:

- On admission to hospital, you will be reviewed by your urologist and anaesthetist and will have the opportunity to ask any questions you may have.
- You'll be given a general anaesthetic, to ensure you are comfortable and pain-free during the procedure.
- Once you are asleep, your surgeon gently inserts a thin scope through your urethra, equipped with a light, camera, and laser to remove the enlarged prostate tissue effectively.
- Sufficient tissue is removed from your prostate so that your urine will flow well.
- The laser also seals off any blood vessels to minimise bleeding
- A catheter may be inserted through your penis into your bladder at the end of the procedure.
- The procedure typically lasts about one hour, depending on the size of the prostate and the amount of tissue to be removed

Recovery And Follow-Up:

- Most patients go home on the same day, after a period of observation.
- If you have a catheter, this is usually removed the next day
- You may experience some mild discomfort or notice blood in your urine, which should resolve quickly.
- Symptoms of BPH typically improve within 2-4 weeks, with improved urine flow and reduced urgency. Sometimes improvements can be immediate.
- You should be able resume normal activities within two to four weeks.
- Regular follow-up visits with your urologist with be booked to monitor your recovery and ensure the effectiveness of treatment.

Why Choose Greenlight Laser Therapy

GreenLight laser therapy can significantly ease your symptoms by removing excess prostate tissue effectively. This technique also minimizes bleeding, making it suitable even if you are on blood thinners. Choose this treatment if you wish to:

- Avoid traditional surgery, preferring a non-invasive solution.
- Stop taking regular medication or using a catheter for your BPH symptoms
- Return to normal activities quickly.
- Maintain your sexual function (erection and ejaculation).

Benefits Of Greenlight Laser Therapy

- **Minimally Invasive**: Unlike traditional prostate surgery, GreenLight laser therapy does not require any incisions, reducing the risk of complications.
- **Quick Recovery**: Patients typically experience a quicker return to normal activities, with many reporting improvements in urinary flow within a few days post-procedure.
- **Reduced Risk of Side Effects**: The precision of the laser minimises damage to surrounding tissues, lowering the risk of side effects such as erectile dysfunction and urinary incontinence.
- **Effective Symptom Relief**: Most patients find significant and lasting relief from BPH symptoms, improving overall quality of life.

Potential Risks Greenlight Laser Therapy

- One common side effect of the procedure is that you may have dry orgasms, where the sensation is normal, but you do not produce semen. If you still want to have more children, then you should discuss this with your urologist before the procedure.

- The procedure may need to be repeated if your symptoms come back.

At Birmingham Prostate Centre, our goal is to provide you with comprehensive care that addresses all your urinary symptoms. From diagnosis through recovery and beyond, ensuring the highest standards of care and your continued well-being. GreenLight laser therapy provides a fast and effective way to manage benign prostatic hyperplasia symptoms, enabling you to quickly return to your daily life with minimal interruption.

Contact Us

If you are experiencing symptoms of an enlarged prostate and are seeking a less invasive treatment option, GreenLight laser therapy at Birmingham Prostate Centre might be right for you. Our experienced team uses the latest technology to provide tailored treatments that ensure the best possible patient outcomes.