

Recovering After Aquablation®

Your step-by-step guide
to a smooth recovery

Robotic treatment for
an enlarged prostate



BIRMINGHAM
ADVANCED
UROLOGY

Mr Syed Ali Shahzad

Consultant Urological & Robotic Surgeon

A smoother recovery. Better urinary flow.



What should I expect after surgery?

Every patient's recovery is unique, but this timeline gives you a general guide to what to expect.



DAY OF SURGERY

- You'll spend time in recovery
- Catheter in place
- Eat and drink normally
- Walking within a few hours
- Usually home the same day or after one night



HOME

- Rest and take it easy
- Drink plenty of water
- Some bleeding is normal



WEEK 1

- Catheter removed
- Mild burning, urgency and blood in urine are normal



WEEK 2

- Stronger urine flow
- Return to desk work



WEEK 4

- Return to exercise, gym, golf and more



WEEK 6

- Most men feel nearly fully recovered

Your Recovery Timeline



DAY 1

Catheter removed in 2–5 days (may vary depending on the size of your prostate).



WEEK 1

Burning, frequency and mild bleeding settle.



WEEK 2

Stronger urine flow and better bladder emptying.



WEEK 4

Back to exercise, sport and an active lifestyle.



WEEK 6

Most men are nearly fully recovered.



Returning to Everyday Activities



Driving

5–7 days

When comfortable and not taking strong painkillers.



Office Work

1–2 weeks



Gym

Around 3 weeks

Light training then build up gradually.



Golf

Around 3 weeks



Swimming

Around 3 weeks



Cycling

3–4 weeks



Sexual Activity

3–4 weeks

When comfortable.



Travel

After 2 weeks

Short journeys sooner.



Listen to your body and take things at your own pace.
If in doubt, contact our team.

What's Normal?



Completely Normal?

- ✓ Mild burning when passing urine
- ✓ Small blood clots
- ✓ Blood in the urine
- ✓ Passing urine more often
- ✓ Sudden urgency
- ✓ Flow varies from day to day

These symptoms usually improve steadily over a few weeks.



Contact Us If You Develop

- Fever above 38°C
- Unable to pass urine
- Heavy bleeding or large clots
- Severe pain not controlled by medication
- Foul-smelling or cloudy urine
- Feeling generally unwell



Urgent help: If you cannot pass urine or have heavy bleeding, seek urgent medical attention.



**Drink plenty
of water**

**Aim for 2–3 litres
per day unless
advised otherwise.**



Why recovery is different after **Aquablation**®

Aquablation uses a robotically controlled waterjet to remove only the tissue causing blockage, preserving the important surrounding structures.



Enlarged Prostate

Precisely removes excess tissue with a powerful waterjet

Open Urine Flow



Excellent bladder control
($<1\%$ long-term incontinence)



Better preservation of ejaculation than TURP or HoLEP*



No heat damage to surrounding tissue



Shorter anaesthetic time



Many patients go home the same day



Earlier return to exercise and sport

* In appropriately selected men.

Frequently Asked Questions



Is blood in my urine normal?

Yes. It is common for several weeks and may come and go, especially after activity.



Why does my urine flow vary?

Swelling changes during healing. Some days will feel better than others before things settle.



When can I drive?

Usually after 5–7 days, when you are comfortable and not taking strong painkillers.



When will I notice improvement?

Many men notice improvement within the first week. Maximum benefit usually develops over 6–12 weeks.



Can my prostate grow back?

Aquablation provides durable long-term relief. Some men may require further treatment many years later, but this is uncommon.



We are here to help.

If you have any concerns during your recovery, please contact our team.

Expert care.
Advanced results.
Personalised for you.

Mr Syed Ali Shahzad

Consultant Urological &
Robotic Surgeon

Specialist in:

- Aquablation
- Robotic Prostate Surgery
- BPH Treatments
- Kidney Cancer
- Kidney Stones
- Bladder Health



Book Your Consultation

 07866 009874

 www.birminghamadvancedurology.co.uk

Contact the hospital for
out of hours urgent enquiries.



Visit Our
Website



Read Our
Google
Reviews

Compassionate care. Clinical excellence. Outstanding outcomes.