b) Open Surgery

Open prostatectomy—Involves scooping up the prostate using finger through the bladder It requires incision (opening of abdomen)

Your doctors may suggest open surgery instead of endoscopic surgery in situations like

- BPH with very large prostate gland
- BPH with large stone in bladder
- BPH with Bladder diverticulum-(bladder outpouchings)

After Open Surgery

- You will have 2 catheter tubes (one in abdomen / one in penis)
- You will be discharged in 2-4 days with catheters in place
- After 10 days, catheters will be removed on OPD basis

HPE Histopathological Examination

The removed prostate tissues are sent for examination (HPE) to confirm non-cancerous nature of the tissue (BPH)

- Follow-up—after surgery you will have to visit your urologist after 1 week
Prostate Gland & Surgery

BPH is the enlargement of prostate gland causing difficulty in urination. Prostate is a sexual accessory gland present in males. It is a small gland surrounding the urethra between bladder and urinary sphincter. With age, prostate increases in size and compress the urethra making it more difficult to urinate. Enlargement of prostate may be benign (non-cancerous growth) or malignant (cancerous). Predominantly, enlargement of prostate is due to benign growth, only 20% accounting for cancerous growth. Benign Prostatic Hyperplasia (BPH) is a non-cancerous growth of prostate leading to difficulty in urination.

**Symptoms**

- You may experience urgency in passing urine
- Nocturia - increase nighttime urine frequency
- Poor urine flow
- Intermittency - interrupted urine flow
- Hesitancy - difficulty in initiating urination
- Urge incontinence - urgency & urine leak
- Sense of incomplete emptying of bladder

**If not treated, it may progress to**

- Urinary retention (unable to pass urine / complete blockage of urine)
- Repeated urinary tract infections
- Kidney Failure
- Bladder Stones

**Diagnosis**

Your doctor will assess you with

- Per rectal examination (Putting a finger in your rectum) - to assess prostate gland

**Treatment**

- Most men can be treated safely and effectively, once BPH is diagnosed
- Treatment options will be given to you based on severity of the disease

**Medical Management:**
- Drugs are given to improve your symptoms
- This option is given, if you have mild symptoms

**Surgical Management:**

Your doctor may recommend surgery as the first option of treatment based on the severity of disease or on failure of medical management.

**Surgical Management Two Types**

- Minimally invasive - No skin incision required
- Open surgery - Requires skin incision

**a) Minimally Invasive**

It is an endoscopic procedure and the preferred treatment option

1) TURP (TRANS URETHRAL RESECTION OF PROSTATE)

- It is coring out the inner prostate, using a special instrument placed through the penis. This removes the obstruction allowing the urine to flow more freely and the bladder to empty more completely

**After Surgery - Minimally Invasive Surgery**

- You will stay in hospital for 1-3 days with a catheter in penis
- Catheter will be removed after 2-3 days of the surgery
- Some patients may be sent home with a catheter - to be removed 2-3 days later on OPD basis
- After catheter removal, you may have difficulty in controlling your urination, have urgency while passing urine, these discomforts improves in few weeks

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