

HoLEP (Holmium Laser Enucleation)

Patient Information · A laser surgery for an enlarged prostate of any size

WARWIKI

HoLEP is a laser surgery for an enlarged prostate (BPH) that removes the inner obstructing tissue through a scope — with **no external incision**. Its big advantage is that it works for **any prostate size**, including very large glands that once needed open surgery, with little bleeding and very durable results.

About This Procedure

Through a scope in the urethra, a **holmium laser** peels the entire inner prostate (the part causing the blockage) away from its outer shell — like removing the fruit from its peel. The freed tissue is pushed into the bladder and broken up and removed (**morcellation**). Because it removes the whole obstructing portion, results are **durable** and re-treatment is rarely needed.

Why Choose HoLEP

- **Works for any size** prostate, including very large ones
- **Low bleeding** — often suitable for men on blood thinners
- Short catheter time and a durable result

It is a specialized technique — outcomes are best with an experienced surgeon.

LEARN THE TERMS

HoLEP

Holmium laser enucleation of the prostate.

BPH

Benign (non-cancer) prostate enlargement.

Enucleation

Removing the whole inner prostate from its outer shell.

Holmium laser

The laser used to separate and seal tissue with little bleeding.

Morcellation

Breaking up the freed tissue so it can be removed.

Retrograde ejaculation

Dry orgasm — a common, harmless after-effect.

WHAT CHANGES AFTERWARD? Most men get a strong, lasting stream. As with other prostate surgeries, **retrograde ejaculation** (dry orgasm) is common. Some men have temporary urgency or a bit of stress leakage in the first weeks that almost always recovers; serious effects on erections or lasting incontinence are uncommon.

How to Get Ready

- Done under **general or spinal anesthesia** — follow fasting and medicine instructions.
- A **urine test** to rule out infection first.
- Arrange a ride; plan for a short catheter time.

What Happens & After

- 1 You're asleep or numb; antibiotics are given.
- 2 The laser enucleates the inner prostate, which is then morcellated and removed.
- 3 A catheter is placed, usually removed in about **a day**; many go home the same day or after one night.

Expect **blood-tinged urine** and some burning/urgency for a couple of weeks; do pelvic-floor exercises if advised, and avoid straining and heavy lifting.

Call your care team or seek care if you have:

- You **cannot urinate** after the catheter is removed
- **Heavy bleeding or clots** blocking flow
- A fever or chills
- Leakage that is not improving over the first weeks

THREE THINGS TO REMEMBER

1. HoLEP uses a laser to remove the entire obstructing inner prostate through a scope — it works for **any size**, with low bleeding and durable results.
2. Expect a strong stream; dry (retrograde) ejaculation is common, and early urgency/leakage usually recovers.
3. Catheter time is short. Call for inability to urinate, heavy bleeding, or fever.