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OPTICAL URETHROTOMY +/- INSERTION ALLIUM STENT

Providing Specialist Care in South Australia & Northern Territory

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What is an Optical Urethrotomy?

Some people experience narrowing of the urethra due to the formation of scar tissue. This can make it very difficult to pass urine. Using a telescope, this scar tissue can be cut/removed with the use of a knife or laser, opening up the channel again to improve urine flow. This small procedure involves an overnight stay in hospital. During the surgery it will be decided if an allium stent is placed immediately or 2 weeks later.

What is an Allium Stent?

An allium stent is made of an elastic alloy that is flexible and is placed in the urethra to keep the narrowed section open, enabling the passage of urine and preventing tissue regrowth. Insertion of the stent is done as a day procedure only.



Preparing for your procedure

We will provide you with instructions regarding all aspects of preparing for your operation.

- Pre-operative blood and urine tests.
- Details of admission to hospital.
- Information regarding fasting and medications.

Complications

This is generally a very safe procedure with a low risk of complications.

- The chance of infection is <5%.
- Significant bleeding is extremely unlikely as is a blood transfusion.
- The chance of a urethral injury is <1%.

What to expect afterwards:

You are usually able to eat and drink what you feel like after the surgery. You will be encouraged to maintain a good fluid intake. It is not usual to have significant pain after this procedure and pain relief is always available. There will most likely be some blood in the urine which should settle within a few days. This operation involves an overnight stay.

You will have a catheter which will be attached to a bag and drains urine from the bladder. A combination of the surgery and the catheter can cause bladder irritation and sometimes bladder spasm. After removal of the catheter there will most likely still be some blood in the urine. Once we can see that you are passing urine satisfactorily, you are then able to go home. You will be given pain relief if required and antibiotics if necessary to take home.

What to expect after the insertion of the Allium Stent

One to two weeks after your optical urethrotomy the allium stent is then placed. This is done as a day procedure. Waiting this time allows for any swelling and/or bleeding to settle. There is a very small possibility that the stent can migrate or fall out all together due to bladder pressure. Please inform us immediately should this occur. Also note that one in five patients will have a secondary bleed at two to three weeks and it is important to be careful around this time.

