

Visual laser ablation of the prostate for patients with acute urinary retention.

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Abstract

OBJECTIVE: To evaluate the efficacy of visual laser ablation of the prostate (VLAP) and bladder neck incision in the treatment of patients with acute urinary retention secondary to benign prostatic hyperplasia (BPH).

PATIENTS AND METHODS: Twenty-three patients (mean age 62 years, range 50-80) with acute urinary retention due to BPH were treated in a prospective trial of VLAP (using a neodymium: YAG laser) with bladder neck incision carried out using the KTP laser. Patients were assessed before and after treatment using the American Urological Association symptom score, prostate volume and peak urinary flow rates.

RESULTS: There was a significant and durable objective improvement in measured urinary flow rates and a subjective improvement of symptoms, with minimal morbidity.

CONCLUSION: VLAP is a promising alternative treatment for patients with acute urinary retention secondary to BPH.