

Long-Term Efficacy and Safety of Photoselective Vaporization of the Prostate: Results at 5 Years

Introduction and Objective: We retrospectively reviewed data on 396 patients (mean 72.4 years) who had undergone photoselective vaporization of the prostate (PVP) with maximum 80W KTP Laser at our institute.

Materials and Methods: The mean estimated prostate volume was 83.2 ml. Patients were assessed preoperatively and at an interval of 1, 3, 6, 12, 24, 36, 48 and 60 months postoperatively with the international prostate symptom score, quality-of-life index, peak urinary flow rate and post-void residual urine measurement. All complications were noted.

Results: The weight of tissue vaporized was average 39.8 grams. The mean decrease in hemoglobin was 0.4 gm/dl, while the level of serum sodium was not significantly changed. There was a highly significant improvement in each outcome variables at 60 months after the treatment. There were no perioperative deaths or cases of transurethral resection syndrome or blood transfusion. Complications included postoperative macroscopic hematuria in 3, bladder neck contraction in 8 and urgency urinary incontinence in 3. Re-operation was conducted in 11 patients (2.8%).

Conclusion: Our results suggest that PVP may become a possible alternative to conventional transurethral electrocautery resection and/or open prostatectomy for symptomatic BPH.