



Patient Instructions

Rezum

Rezum is a procedure in which your doctor uses the natural energy stored in water vapor, or steam to relieve the symptoms of benign prostatic hyperplasia, or BPH. During each 9 second treatment, sterile water vapor is released throughout the targeted prostate tissue. When the steam turns back into water, all the stored energy is released, causing the prostate cells to die.

Over time, your body's natural healing response removes the dead cells, shrinking the prostate. With the extra tissue removed, the urethra opens, reducing symptoms related to the enlarged prostate.

Most patients begin to experience symptom relief in as soon as two weeks and maximum benefit will occur within three months.

Diet

Because of the effects on the treated prostate, alcohol, spicy food and drinks with caffeine may cause irritation and should be used in moderation. To keep your urine flowing freely and to avoid constipation it is recommended to drink 8-10 glasses of fluids daily. It is important to keep your bowels regular during the post-operative period. Straining with bowel movements may cause bleeding. You should take a stool softener or a mild laxative if needed.

Activity

It is important to realize that the area of the treatment can be sensitive. While the healing process will result in some urgency of urination, your physical activity does not need to be restricted.

Operative Site

You will be discharged with a Foley catheter in place. You will have a special drainage bag that is worn around your leg. It is recommended to wear loose comfortable pants. You will probably have this catheter in place for 2-4 days and will be instructed by your nurse prior to being discharged on how to remove the catheter at home when your doctor deems appropriate. It is important to understand that even with the catheter in place you may have the feeling you need to urinate. You may also experience bladder spasms which may cause some leaking around the catheter, especially during bowel movements. Please contact the office if you have excessive leaking, bladder spasms or pain that is not under control with the pain medications your doctor has prescribed for you.

Post Operative Expectations

During the first 1-2 months following your procedure you may have frequency of urination and/or urgency and perhaps even more getting up at night. This will usually improve slowly over 1-2 months. You may experience a small amount of blood in the urine but this generally resolves quickly with increased fluid intake.

Please feel free to contact the office anytime you have any additional questions or problems. Please call 249-3900 and ask to speak with a triage nurse.