

REZUM TREATMENT / REZUM THERAPY

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WHO IS SUITABLE FOR REZUM TREATMENT (REZUM THERAPY)?



Rezum is men experiencing symptoms of prostate enlargement (BPH):

- Weak urine stream

- Difficulty emptying the bladder

- Stop/start urine flow

- Straining to begin urination

- An increased need to urinate (urinary frequency)

- Interrupted sleep because of the need to urinate often

Men who have symptoms of an enlarged prostate and want a safe and effective minimally-invasive solution

Men who do not wish to use, or wish to stop the use of daily medications for treatment enlarged prostate (due to side-effects, cost or inconvenience)

Men who want to improve their quality of life to the standard that it was before the onset of enlarged prostate (BPH) symptoms

WHAT ARE THE ADVANTAGES OF REZUM TREATMENT?



Rezum treatment (Rezum Therapy) is a simple, safe, minimally-invasive and effective procedure with minimal downtime, to treat the bothersome symptoms of enlarged prostate (BPH)

Rezum treatment is proven to work safely and effectively and has been endorsed by the American Urological Association in the latest guidelines on treatment of enlarged prostate (BPH)

There are over four years of data from US studies that attest to the efficacy, durability and reproducibility of the procedure

Rezum treatment eliminates the need for lifelong use of costly medications

Rezum treatment provides relief from enlarged

prostate symptoms in as soon as a few weeks
'Down time' after surgery is minimal and return to work and normal activities is possible as soon as 24-48 hours afterwards

Rezum treatment has minimal risk of retrograde ejaculation or sexual dysfunction compared to traditional surgery

HOW IS REZUM TREATMENT PERFORMED?



Rezum treatment is performed under general anaesthesia

It involves the use of a small telescope (cystoscopy)

Rezum treatment is performed using a small handheld device to deliver radiofrequency-generated water vapor to the enlarged prostate (BPH) in the form of steam

There are no skin incisions involved

In appropriately selected patients it may take as little as 10 minutes to complete the [rezum procedure](#), with only very minor pain or discomfort.

WHAT TO EXPECT AFTER REZUM THERAPY PROCEDURE?



Rezum treatment (Rezum Therapy) can be performed as a day surgery but some patients stay in hospital overnight

Most patients will require a urethral catheter for 3-5 days because of prostate swelling (patients with a large prostate may require longer)

In most cases normal activities can be resumed after 24-48 hours

During the initial 4-6 weeks after Rezum treatment, you may experience symptoms of mild discomfort when urinating, an increased need to urinate, and/or blood in the urine or semen

Maximal improvement may occur 3 months or more following the procedure

REZUM THERAPY PROCEDURE OUTCOMES



Most patients will notice an improvement in their urinary flow, pressure and bladder emptying as

early as 2 weeks after Rezum Therapy
Bladder symptoms of urinary frequency, urgency and nocturia (getting up at night to pass urine) tend to take longer (up to 3 months) to improve
Preservation of normal sexual function is achieved in the majority of patients following Rezūm treatment

REZUM POST-OPERATIVE CARE INSTRUCTIONS



What to expect:

You will have a urethral catheter that will need to remain in place for a few days until your urologist advises that it can be removed. This is because there is some prostate swelling from the procedure. You must ensure that nobody removes your catheter without direction from your urologist.

Return to activity:

Driving – no driving for 24 hours

Work – you may return to light duties after 24-48 hours

Lifting – avoid heavy lifting for a week following your procedure

Activities – walking is fine and encouraged following your procedure, however you should avoid strenuous activity for a week following your procedure.

Toileting:

Following catheter removal, you may experience symptoms of mild discomfort when urinating, an increased need to urinate, and/or blood in your urine or semen for around 4-6 weeks following your procedure.

Pain Management:

You may take your prescribed pain medications, or ibuprofen or paracetamol if you are experiencing discomfort.

FAQ:

When can I expect to see an improvement in my urinary symptoms?

Most patients will notice an improvement in their urinary flow, pressure, and bladder emptying as early as 2 weeks following the Rezum treatment. Symptoms such as urinary frequency, urgency and nocturia (urinating at night) can take up to 3 months to improve.

Head to your nearest hospital emergency department if you:

Have severe pain that cannot be controlled with medication

Are unable to urinate (or your catheter is blocked)

Are unwell with a high fever

Follow-Up Information:

Our rooms will arrange a follow-up appointment with your urologist typically 3 months after your procedure

Your follow-up appointment is on:

_____ at _____.

Contact Information:

If you have any questions or concerns that are not addressed here or in the procedure information available on our website

melbourneurologycentre.com.au contact our rooms on 1300 702 811 or [\[email protected\]](#)

Post-Operative information for this procedure can be found here: [Rezūm Treatment Post-Operative Care Instructions](#)

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