

Rezum Treatment / Rezum Therapy

Rezum Treatment / Rezum Therapy Videos

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 Rezūm 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

Rezūm 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](#)

Written by [Dr. Shekib Shahbaz](#) and [Dr. Tony de Sousa](#)

Westwood, J., Geraghty, R., Jones, P., Rai, B. P., Somani, B. K., (2018), Rezūm: A new transurethral [water vapour therapy](#) for benign prostatic hyperplasia, Therapeutic Advances in Urology, 10(11), [https://journals.sagepub.com/doi/full/10.1177/1756287218793084], accessed 26/02/21.

Alegorides, C., Fourmarier, M., Eghazarian, C., Lebdai, S., Chevrot, A.,

Droupy, S., (2020), Treatment of benign prostatic hyperplasia using the [Rezum](https://www.sciencedirect.com/science/article/pii/S1166708720301664) water vapor therapy system: Results at one year , Progres en Urologie, 30(12)
[[<https://www.sciencedirect.com/science/article/pii/S1166708720301664>],
accessed 26/02/21.