

## Post-Operative Care Instructions: Rezum Treatment

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Rezum treatment may be performed as day surgery, but often patients will stay in hospital overnight.

### **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

### **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](http://melbourneurologycentre.com.au) contact our rooms on 1300 702 811 or [reception@urodoc.com.au](mailto:reception@urodoc.com.au)