

WHAT ARE THE BENEFITS OF REZUM?

Rezum provides the following benefits:

- Potential alternative to BPH medications
- Relieves symptoms safely and effectively
- Provides noticeable symptom improvement within two months
- Preserves sexual and urinary functions
- Allows patients to return to regular activities within a few days

What patients are saying about their Rezum treatment?

"Since my Rezum procedure I have been able to be free of having to know where the bathroom is right away, I don't have to take pills...there have been no side effects"

"The biggest change I noticed after having the Rezum therapy was getting a good night sleep, not having to get up and go to the bathroom every single night"

Source www.rezum.com *although many patients benefit from Rezum, results may vary.



DR MARTIN ELMES
UROLOGICAL SURGEON
Specialising in
Robotic Prostate and Kidney
surgery
Advanced BPH treatments
Erectile Dysfunction Treatment

With over 15 years of expertise in the field of Urology, Dr Elmes provides a full range of high quality urological services for patients with the use of advanced techniques and cutting edge equipment to perform procedures. Dr Elmes is highly qualified in the field of urology having completed extensive surgical training throughout Melbourne and Sydney.

His main interests in the field include:

Minimally invasive Robotic Prostate & Kidney surgery

Advanced BPH treatments

*Laser prostate enucleation (HoLEP)
Rezum water vapour steam therapy
UroLift*

Erectile Dysfunction

Penile Prosthesis (no-touch technique)

Visit our website or call us on (07) 5575 7922 for more information about our urological services.

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A PATIENT GUIDE TO

Rezum (Water Vapour Therapy)



DR MARTIN ELMES
UROLOGICAL SURGEON

WHAT IS REZUM?

Rezum is a minimally invasive treatment option for men suffering from an enlarged prostate known as BPH (benign prostatic hyperplasia). BPH affects more than 1.8 million men over the age of 50 each year in Australia. The symptoms of BPH include urinary frequency, irregular flow, urgency, weak stream, night-time urination and straining. Rezum is a safe and effective treatment to relieve BPH symptoms.

What makes Rezum different from other BPH treatments? With the use of stored thermal energy in water vapour (steam) injected into the prostate tissue, the prostate cells immediately and gently begin to damage causing cell death resulting in the prostate shrinking and the urethra opening. There is no cutting involved like older style procedures such as a TURP. Rezum is steam activated cell death rather than other treatments of internal prostatic compression sutures or a laser to clear the obstructing prostatic tissue.



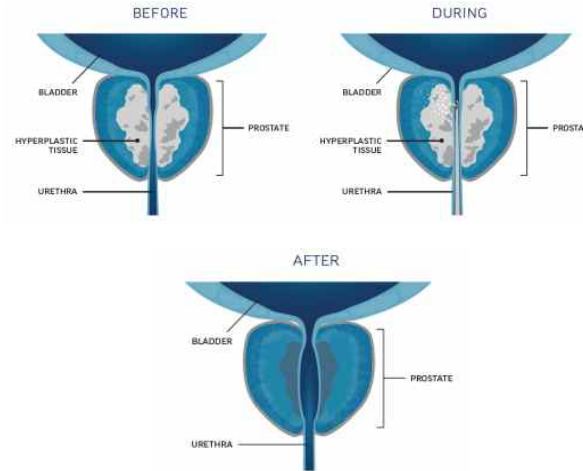
Is Rezum the right procedure for me? The procedure is appropriate for men who suffer from urinary obstructive symptoms that have chosen not to take medications or find they are ineffective and would like an alternate to other procedures available. It is also indicated for men with a prostate volume of $\geq 30\text{cm}$ and $\leq 80\text{cm}$. It's main benefits are earlier return to normal activities and preservation of ejaculatory function. Dr Elmes discusses all treatment options available and ensures you are provided with the most effective option for symptom relief.

ABOUT THE PROCEDURE

The procedure is performed by Dr Elmes in hospital under a general anaesthetic. In most cases patients are admitted to hospital for a day case only although this depends on each individual's anatomy and recovery.

Using the narrow Rezum device, it is inserted into the urethra. The water vapour is dispersed around the prostate cells. As vapour condenses, it releases the stored thermal energy to destroy prostate tissue cell membranes, causing the obstructive prostate tissue cells to die.

The Rezum treatment stages



Over one to three months, the body's natural healing process re-absorbs the treated tissue, reducing the size of the prostate, enabling the urethra to re-open.

Most patients begin to experience symptom relief in as soon as 6 weeks with maximum benefit occurring in 3 months.

WHAT TO EXPECT POST YOUR REZUM PROCEDURE

Expect:

- Patients will experience some urinary discomfort during the recovery period. Waterworks symptoms often worsen post procedure but will usually settle in time around 6-12 weeks. If they do not settle the catheter may need to go back in.
- Catheter is to remain in for 5 days. Your catheter will be removed at Pindara or John Flynn hospital 5 days after your procedure (usually the Tuesday) which Dr Elmes will arrange and confirm with you post your procedure.
- You may see some blood in the catheter bag which is to be expected and also some urine leak from the penile tip around the outside of the catheter, this is also to be expected.
- Blood in the urine which can last up to 2-4 weeks post procedure.
- Pain or discomfort when urinating, increased urge and frequency in urination which can last up to 6-12 weeks.
- Patients are advised to take it easy in the first 4 weeks post procedure. Return to work is usually 1-week post procedure

What to do:

- For detailed information refer to the "what to expect post your Rezum procedure" you were provided pre-operatively
- You can shower with the catheter in but do not bath or swim
- Take Ural for the first 2-3 days after removal of your catheter if you have penile pain during urination. This helps make your urine more like water and less like lemon juice (maximum sachets a day is 4)
- Movicol is available from your local pharmacy and is used to avoid constipation.
- Endone/Tapentadol/OxyContin/OxyNorm/Panadine Forte are prescribed strong pain-relieving drug. Notify my rooms if you require a script. Side effects: dry mouth, constipation, nausea/vomiting, dizziness, light headed (do not drive if affected).
- Refer to your 'Rezum prostate surgery medication starter pack' for more relevant information

Avoid:

- Straining/strenuous activity and constipation for 4 weeks
- Driving long distance within first week
- Sexual activity 4-6 weeks post operatively

Inform Dr Elmes' rooms if:

- If you are unable to urinate (urinary retention) contact our rooms, or if our rooms are unattended admit yourself to the John Flynn emergency department for treatment
- Your urine becomes a red, thick strawberry jam consistency (i.e. heavy continuous bleeding +/- clots)
- Fevers/unwell
- You may be otherwise concerned