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Rezūm™ Water Vapor Therapy

Post-Procedure Care Instructions for Patients

WHEN YOU GET HOME

- Have a responsible adult drive you home. Do not drive if you have taken any medicine that makes you sleepy.
- Limit your activity for at least the first day.
- Drink extra fluids — water is best — for the next few days.

YOUR CATHETER

- Your catheter usually stays in for about 5–14 days, depending on the size of your prostate.
- Follow the catheter-care instructions you were given. Keep the drainage bag below the level of your bladder and secure the tubing so it does not pull.
- Do not do strenuous activity or heavy lifting while the catheter is in place.
- Keep your appointment to have the catheter removed.
- If you ever need to be re-catheterized, tell the facility staff to use a Coude-tip catheter.

MEDICATIONS

- **Antibiotic:** If prescribed, finish the entire course.
- **Pain / anti-inflammatory:** You may take ibuprofen 400 mg with food as needed, up to 3 times a day, for 1–2 days. You may also take Pyridium as prescribed (this may turn your urine orange).
- **Bladder antispasmodic:** Take oxybutynin as prescribed for bladder spasms.

WHAT IS NORMAL

- Blood in your urine and semen, coming and going, for several weeks.
- Small pieces of tissue passing in your urine for a few months as the prostate heals.
- A temporary increase in urgency, frequency, or burning — this affects roughly 1 in 4 men and usually settles down within 1–4 weeks.
- Symptom relief often begins around 2 weeks, with the most improvement by about 3 months (and continuing up to 3–6 months).

ACTIVITY, SEX & FOLLOW-UP

- Return to normal activity as tolerated once your catheter is out, or as your provider advises.
- You may return to sexual activity after the Foley catheter is out.
- Follow up as scheduled on your surgery date.

CALL THE OFFICE RIGHT AWAY IF YOU HAVE

Call 909.236.3333

- Fever over 101°F (by mouth) or shaking chills
- Inability to urinate after the catheter is removed, or a catheter that stops draining or is blocked
- Heavy bleeding or blood clots in the urine

If you have any severe symptoms or emergencies, proceed to the nearest emergency room. If you are sent somewhere for catheterization, ask them to use a Coude-tip catheter.