

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 weeks
- 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

Tailored Erectile
Dysfunction medications

With over 10 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

*Needle-free Intracavernosal injections
Penile Prosthesis (no-touch technique)
Peyronie's Xiaflex injections*

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



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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 minimally invasive treatment options Dr Elmes offers that use internal prostatic compression sutures or a laser to clear the obstructing prostatic tissue.



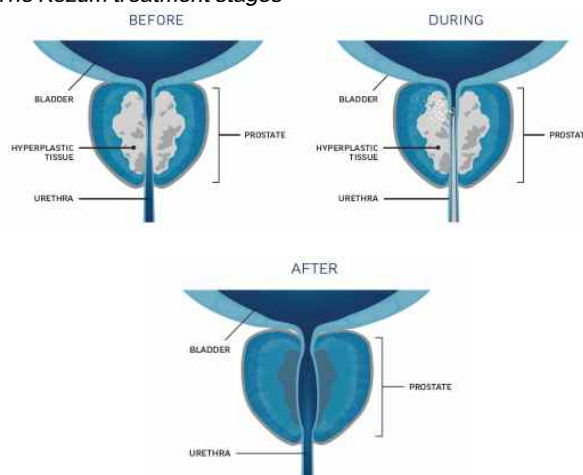
Is Rezum the right procedure for me? The procedure is appropriate for men who suffer from urinary obstructive symptoms that have chosen not to take medications or find they are ineffective and would like an alternate to other procedures available. It is also indicated for men with a prostate volume of $\geq 30\text{cm}$ and $\leq 80\text{cm}$. 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. The expected hospital stay is no longer than one night although this depends on each individual's 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 2 weeks with maximum benefit occurring in 3 months.

WHAT TO EXPECT POST YOUR REZUM PROCEDURE

Expect:

- There is always some bleeding from the prostate after the procedure. Blood in the urine can last up to 2-4 weeks post your procedure
- Initially you may experience increased urinary frequency, urgency and burning sensation for the first 3-5 days after the procedure which progressively gets better
- The catheter is often removed in the rooms after 3-5 days
- Return to work can take up to 2 weeks post procedure but this depends on how your recovery is going, type of work and when you are comfortable
- You may begin to experience symptom relief in as soon as 2 weeks with maximum benefit occurring in 3 months. Responses to treatment can and do vary.

What to do:

- Drink plenty of fluid
- Take **Ural** for the first 2-3 days after catheter removal if you have painful burning symptoms during urination (maximum 4 sachets a day)
- **Movicol** is available from your local pharmacy - used to avoid constipation
- **Oxytrol patches** are used if you have bothersome urgency and frequency, night-time urination incontinence/or penile tip pain. These can be used a maximum of 2 patches at any one time and are to be used bi-weekly (change every 3.5 days). You may be prescribed with Vesicare, which is a tablet form of oxytrol to avoid skin irritation. **Do not take Vesicare and Oxytrol at the same time*
- **Endone:** prescribed strong pain relieving drug

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 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