



Alexandria Location

4660 Kenmore Ave, Suite 1120
Alexandria, VA 22304

tel: 703-680-2111
fax: 703-878-3939

Woodbridge Location

2296 Opitz Blvd, Suite 350
Woodbridge, VA 22191

Rezum Prostate Ablation Postoperative Instructions

- You may have had a catheter placed to drain the bladder for 7-10 days after the procedure. This is to keep you comfortable while the prostate is healing. If you do not want a catheter we will teach you to drain your bladder with a catheter at home if you need to.
- If you experience a fever greater than 101 degrees or are unable to urinate/catheter does not drain following the procedure, call our office immediately.
- You may notice some blood in your urine or semen after the procedure, this is normal. This may be intermittent and last 2-3 weeks.
- Continue prescribed antibiotics until they are gone.
- You have been given a prescription for narcotic pain medication, which can be taken as needed. Do not take aspirin, ibuprofen, Aleve, or any other NSAID medication for 3 days. Tylenol can be taken instead of the prescribed medication if pain is mild. You may start prescription strength ibuprofen after 3 days if you no longer need narcotic pain medication.
- If a catheter was left in place, you will return to the office to have it removed in 7-10 days. If you have difficulty voiding after catheter removal, call our office.
- If you have any questions or concerns, call the office at 703-680-2111, this number is answered 24 hours a day, 7 days a week.
- Your first follow-up appointment is scheduled _____ at _____ AM/PM.
- Your second follow-up appointment is scheduled _____ at _____ AM/PM.
- Please arrive to all follow-up appointments with a full bladder, to do urinary flow testing.

PROCEDURE RECOVERY

- Avoid strenuous activity for 5 days. Light walking is ok.
- Difficulties with urination occur in 15-30% of patients.
- If a catheter is in place, return in 7-10 days to the office as scheduled for removal.
- If no catheter is in place and you have difficulties voiding, please perform self catheterization as noted on our instruction form as needed to help you drain your bladder, do NOT continue to self catheterize more than 1-2 times, If you continue to have difficulties emptying your bladder you will need a catheter placed in the office. Call us for further instructions in the morning, to have a catheter placed.



Alexandria Location

4660 Kenmore Ave, Suite 1120
Alexandria, VA 22304

tel: 703-680-2111
fax: 703-878-3939

Woodbridge Location

2296 Opitz Blvd, Suite 350
Woodbridge, VA 22191

- Urgency of urination, frequency of urination, and painful urination may worsen for 1-2 weeks. If these continue to worsen beyond that time frame, call the office for instructions – this may indicate infection.
- Please call the office if you have fever, or other concerning symptom.
- Please continue medications for your prostate until the 3 week follow-up, and discuss stopping them at that time with your urologist.