



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 Preoperative Instructions

- Stop all aspirin, Plavix, NSAID medication (e.g. ibuprofen or aleve), blood thinners 7 days prior to the procedure. Tylenol can be taken for any minor aches and pains during the week prior to the procedure.
- Do not eat or drink anything after midnight the night prior to your procedure if anesthesia is to be administered. A small sip of water with medication is ok.
- Please arrive on time for check-in for the procedure.
- You will need someone to drive you to the office, to take you home afterward, and stay with you until you are fully recovered from the anesthesia.
- The procedure itself should not last longer than 30 minutes, but time for preparation and recovery will also be required. Expect the overall visit to last 1 ½ to 2 ½ hours.
- You may have 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 elect not to have a catheter placed, we will teach you how to drain your bladder should you encounter difficulty urinating after the procedure.
- 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 procedure is scheduled _____ at _____ AM/PM.
Your first follow-up appointment is scheduled _____ at _____ AM/PM.
Your second follow-up appointment is scheduled _____ at _____ AM/PM.
Please arrive with a FULL bladder for all post op follow up visits
- You will be provided a prescription for ibuprofen, narcotic pain medication (Norco or Percocet), and antibiotic (Cipro or Ceftin).
- On the day of your procedure, take one dose of antibiotic and one dose of narcotic pain medication (Norco or Percocet) prior to arrival with small sips of water.
- DO NOT TAKE IBUPROFEN PRIOR TO PROCEDURE!

POSTOPERATIVE ISSUES:

- **MEDICATIONS:**
 - If you are using alpha blockers – Flomax, rapaflo, uroxatral, terazosin:
 - Continue to use for 30 days after surgery.
 - You may stop using them 30 days after surgery. Continuation of this medication will be discussed at follow up.
 - If you are using Avodart (dutasteride) or proscar (finasteride)
 - Continue using these until directed to stop by your urologist.
- **Blood and Burning with Urination:**
 - Because the procedure involves steam ablation of some tissue of the prostate, there will be some burning, irritation and inflammation.
 - Urgency and frequency may increase after surgery, which is expected to decrease by 2-3 weeks after the operation.