



# TAYLOR REGIONAL UROLOGY

## Post op Instructions for Rezum

- Increase your fluid intake over the next few days. This will flush your urinary tract. Drinking at least 6-8 glasses of water each day.
- Get up and walk around at least once every 2 or 3 hours during the day. Avoid heavy exercise.
- **Some urinary frequency, urgency and burning is typical for 2-3 weeks after the procedure.**
- Do not resume blood thinners until instructed to do so by your Doctor.
- If a catheter was left in your bladder, you will be given an appointment to return to our office for removal, typically 3-7 days (depending on size of your prostate).
- Call your Doctor if you have any of the following symptoms:
  - Bright red blood or large amounts of blood clots in the urine.*
  - Inability to urinate.*
  - Fever over 101 F.*
  - Uncontrolled pain.*
  - Increased redness or swelling at your surgery site.*
  - Drainage that smells bad or looks infected.*
- If you have pain that isn't relieved by the prescribed pain medicines, inability to urinate, a fever over 101, persistent nausea or vomiting, or severe bleeding as described above, please contact our office at 270-789-2445. Our office hours are 8:30AM-4PM, Monday-Friday.

Catheter picture: balloon is inside

