

Dr Martin Elmes
Urological Surgeon - Gold Coast Urologist
P: 07 5575 7922
Suite 2 Level 1, Varsity Lakes Day Hospital,
2 Lake Street Varsity Lakes 4227



UROLOGICAL SURGEON
DR MARTIN ELMES
MBBS (MHLB), FRACS (UROG, SYD)

WHAT TO EXPECT POST YOUR REZUM PROCEDURE

This information explains what you may experience post your procedure and how to take care of yourself during this time.

Expect:

- Patients will experience some urinary discomfort during the recovery period.
- Waterworks symptoms often worsen post procedure but will usually settle in time around 6-12 weeks.
- Catheter is to remain in for 5 days. Your catheter will be removed at Pindara hospital 5 days after your procedure (usually the Tuesday) which Dr Elmes will arrange and confirm with you post your procedure.
- You may see some blood in the catheter bag which is to be expected and also some urine leak from the penile tip around the outside of the catheter, this is also to be expected.
- Blood in the urine which can last up to 2-4 weeks post procedure.
- Pain or discomfort when urinating, increased urge and frequency in urination which can last up to 6-12 weeks.
- The expected hospital stay is usually 1 day some patient may need to stay overnight if any urine/blood issues present while in hospital or if Dr Elmes advises.
- In the first 2 weeks patients may experience inflammation/swelling, which makes the urethra narrower. As a result of this symptoms get worse and patients may need a catheter put back in.
- If you have had an anaesthetic you will be uninsured to drive for 24hrs.
- Patients are advised to take it easy in the first 4 weeks post procedure. Post the 4 weeks mark patients can return to usual activities.
- Return to work is usually 1-week post procedure but this depends on how your recovery is going, type of work and when you are comfortable. Dr Elmes rooms can provide you with a medical certificate if required.

Specific Post op instructions:

Day of your procedure

- After your procedure you will be taken to the recovery ward at Pindara where the nurses there will provide you with information on catheter care to follow until it is removed back at the ward 5 days post your procedure.
- Dr Elmes rooms will arrange and advise you of the date and time for catheter removal which will occur back at the Pindara hospital. Catheter removal is 5 days post your procedure. DO NOT remove the catheter yourself.

Day 1-3 post your procedure

Use an Oxytrol Patch **ONLY** if you experience severe spasms with your catheter in. The Oxytrol is in your post op med pack you were provided.

Follow the instructions provided by Pindara Hospital regarding your catheter care.

The leg bag stays secured for the five days (it's a reusable bag) and you are to empty when required as instructed by Pindara hospital.

Day 4

- If you were on Oxytrol ensure to remove your patch on Day 4 (Monday)
- **Flomaxtra tablets** - begin Monday evening (day 4 post op) when Oxytrol is ceased and continue until finished. **Dose:** 1 tablet nightly. Side effects: dizziness, headache, nausea
- **NOTE:** If you are experiencing firm infrequent bowel movements on Monday take a Movicol sachets to loosen your bowel so they are regular (soft) for catheter removal at Pindara on Tuesday.

Day 5

You will go back to Pindara Hospital where you will admit as a day patient for a trial of void on the ward and if successful you will have your catheter removed whilst there and instructed on further information.

Specific post op instructions continued:

- You can shower with the catheter in but **do not bath or swim**
- Take **Ural** for the first 2-3 days if you have penile pain during urination. This helps make your urine more like water and less like lemon juice (maximum sachets a day is 4)
- **Movicol** is available from your local pharmacy and is used to avoid constipation.
- **Endone/Tapentadol/OxyContin/OxyNorm** is a prescribed strong pain-relieving drug. Notify my rooms if you require a script and did not receive one at the time of surgery. Side effects: dry mouth, constipation, nausea/vomiting, dizziness, light headed (do not drive if affected).
- Refer to your 'Rezum prostate surgery medication starter pack' for more relevant information

Avoid:

- Straining/strenuous activity and constipation for 4 weeks
- Driving long distance within first week
- Bath/swim
- Sexual activity 6 weeks post operatively

Inform Dr Elmes rooms if:

- Unable to urinate retention post catheter removal on Tuesday morning
- Heavy continuous bleeding / multiple clots
- Fevers / unwell

Connecting night bag to leg bag

- Do not disconnect leg bag from catheter
- Empty any urine in the leg bag into the toilet
- Connect overnight bag to outlet at bottom of leg bag
- Ensure outlet tap at end of leg bag is open and the outlet tap of overnight bag is closed
- When in bed the night bag must be lower than your bed to aid drainage. Ensure no kinks in tubing
- In the morning close the leg tap, disconnect and empty the night bag

Information for patients with an SPC – Suprapubic catheter

Pindara hospital will provide further information to patients about this in the recovery ward post procedure and also when your catheter is removed on day 5. Not all patients require an SPC – only for those who are at higher risk of failing to void post op.

- A suprapubic catheter is a hollow flexible tube that is used to drain urine from the bladder. It is inserted into the bladder through a cut in the tummy, a few inches below the navel.
- Some patients may require this as a safety catheter as they have a high risk of failing to void on removal of their penile catheter.
- You are able to shower with this in but **do not bath or swim**. Gently pat dry



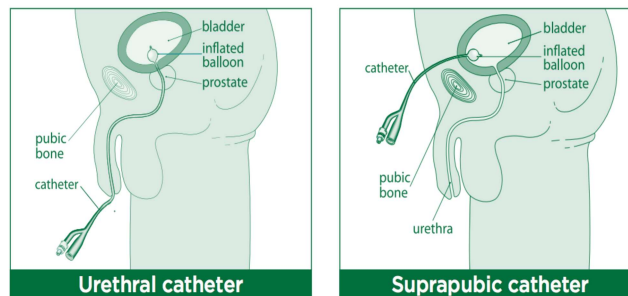
- **Note that the Flip Flow valve remains off until after the removal of the penile catheter.**

- You should open the valve immediately after urinating and measure the amount of residual urine, then close and repeat each time you urinate. You should also open the valve if you haven't urinated for a while (usually every 4-6 hrs) and you feel the urge.
- We recommend always opening the flip flow first thing in the morning, at lunch time and also before bed. If any of these times have a residual of greater than 500ml open the flip flow valve an additional two times (mid morning and afternoon). Don't wait for urge, follow these steps.
- When residual is continuously less than 200ml per wee over a 24hr period, **please call our rooms and we will remove it for you on our next consulting day.**
- When you are urinating as you were prior to procedure you are able to reduce your fluid intake to when you feel thirsty but always ensure you are hydrated post removal for the first few days.

EXPECT:

- You might see some blood ooze out of the insertion site – this is normal and we recommend applying pressure to the site for 10 minutes.
- You might see urine ooze from the insertion site - this is normal

Male catheterisation



**If you are experiencing a Medical Emergency ensure you go to the
JOHN FLYNN HOSPITAL EMERGENCY DEPARTMENT
DO NOT GO to Pindara Private Hospital.**