

Aquablation Therapy

Patient Guide

What is Aquablation Therapy?

Aquablation therapy is a minimally invasive treatment for BPH that uses imaging, robotics, and a heat-free waterjet to provide urinary relief.

Advantages:

- | | | |
|---|------|---|
| ✓ Novel, minimally invasive procedure | 2x | Improvement in urine flow |
| ✓ Incisionless, uses robotic precision | | |
| ✓ Treats prostates of any size | 100% | Maintained continence & erectile function |
| ✓ Safe, reliable, generally <1 hour of anesthesia | | |
| ✓ Preserves ejaculation in up to 90% | 90% | Maintained ejaculatory function |
| ✓ Minimal side effects | | |

Before Surgery

- At your clinic visit, your surgeon will review with you (1) your anatomy, (2) prostate size, (3) surgical options, and (4) risks and benefits of the procedure.
- Up to 6 weeks before your procedure, your surgeon will collect a urine culture to ensure there is no UTI. If so, he/she will prescribe an antibiotic prior to surgery.
- If you take any blood thinners (ie: Xarelto, Eliquis, Aspirin), please discuss with your surgeon prior.
- You may be prescribed a medication called **finasteride** to start taking before your procedure to decrease bleeding after your surgery
- The hospital will call you 1-2 days prior to surgery to confirm arrival time and location.
- No eating or drinking after midnight prior to your procedure.
- Your surgeon will meet you in the pre-operative area before surgery.

Please perform a **fleet enema** the night before (arrival time before 9am) or morning of your procedure



Aquablation Therapy (2)

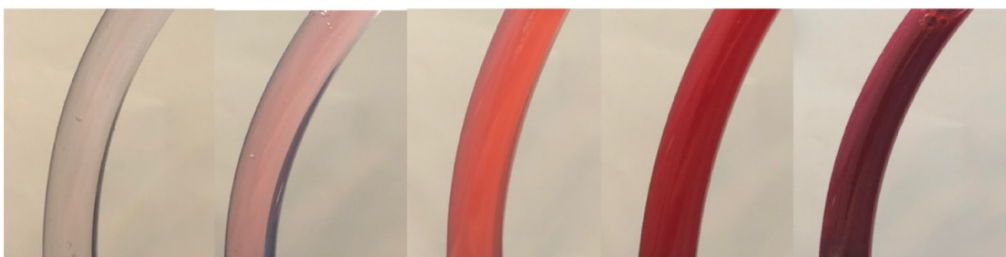
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During Surgery

- Your procedure requires approximately 1 hour of general anesthesia. There will be no incisions.
- A transrectal probe is placed for the surgery to allow live imaging of the prostate.
- You will have a catheter draining your bladder that can be removed generally 1-3 days after surgery. If you had a catheter prior to surgery, it may stay in longer.

After Surgery

- You will stay overnight in the hospital with 'Continuous Bladder Irrigation (CBI)'. Normal saline will be instilled into your bladder to decrease bleeding.
- You may experience (1) pain with urination, (2) blood in the urine, (3) bladder spasms for 1-2 weeks. **This is all normal!**
- Your doctor may prescribe:
 - ✓ **Phenazopyridine:** to help with pain with urination. Turns urine orange.
 - ✓ **Pain medication (ie: Tramadol):** to help with generalized pain.
 - ✓ **Antibiotics:** to prevent a urinary tract infection.
 - ✓ **Laxative:** to prevent constipation and straining, which can cause bleeding in the urine.



Grade I

Grade II

Grade III

Grade IV

Grade V

Your urine may look like Grade III after surgery. It should be Grade III or lower prior to discharge.
If it worsens after discharge, please call the office.



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Patient Guide

Pain	You may experience some pain postoperatively. You can take Tylenol 650mg every 6 hours and alternate with ibuprofen 200mg with food (depending on your kidney function). You may be given pain meds.
Activity	Week 1: Rest and do limited activity to allow for healing. No lifting >10 pounds Week 2: Limit activity to half of what you normally do Week 3: You may return to your regular activities as able No biking, horseback riding, motorcycle riding for 1 month
Pelvic floor exercises	Due to BPH, your pelvic floor muscles can be weak, causing incontinence or overactive bladder after surgery. Kegel exercises are simple squeeze-and-relax exercises that can strengthen your pelvic floor muscles. Many men find that routinely doing their pelvic floor exercises helps with incontinence. Try to perform 30 Kegels/day.
Diet	Resume diet upon discharge. No restrictions.
Driving	May resume driving day after surgery once catheter is removed if not taking pain medications.
School/Work	May return to work/school within one week after surgery.
Intercourse	Please refrain from intercourse for two weeks.
Expectations	(1) Pain with urination, (2) Blood or tissue debris in the urine for a few weeks, (3) Urinary symptoms (frequency, urgency, etc) which can take weeks to resolve. <i>Most symptoms takes 2-4 weeks to resolve.</i>
When to call	If you develop fever >101F, inability to urinate, worsening blood in the urine, please call your urologist.