Private E-Sevai Center
CSC Center
STAR RAINBOW SERVICES
VADAPALANI
8144337349

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hellomadrasdaily@gmail.com
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Kauvery Hospital Radial Road Introduces Rezūm Water Vapor Therapy for Minimally Invasive Treatment of Enlarged Prostate

CHENNAI – 11 Nov, 2026 Kauvery Hospital Radial Road has introduced Rezūm Water Vapor Therapy, a minimally invasive treatment for benign prostate enlargement, offering patients an alternative to conventional surgical procedures. The treatment is currently being performed exclusively at Kauvery Hospital Radial Road within the Kauvery Hospital network, under the expertise of Dr. Shivraj Barathkumar, Clinical Lead – Uro-Oncology. Originating in the USA, Rezūm uses water vapour to treat enlarged prostate tissue without the need for surgical tissue removal.

Benign prostate enlargement can lead to urinary difficulties, including frequent urination, difficulty emptying the bladder and, in severe instances, urinary retention. Conventional treatments such as Transurethral Resection of the Prostate (TURP) and laser enucleation involve surgically removing enlarged prostate tissue. Rezūm, on the other hand, is a form of Minimally Invasive Surgical Therapy (MIST) that uses heat generated by water vapour to target the enlarged tissue, which is subsequently absorbed by the body.

Explaining the procedure and its advantages, Dr. Shivraj Barathkumar, Clinical Lead – Uro-Oncology, Urologist, Uro-Oncologist & Robotic Surgeon, Kauvery Hospital Radial Road, said, “Rezūm is a minimally invasive treatment for benign prostate enlargement. Instead of surgically removing prostate tissue, we use a smaller endoscopic instrument to insert a fine needle into the prostate and inject approximately 1 ml of hot saline heated to 103 degrees Celsius directly into the enlarged tissue. This causes thermal necrosis, following which the treated tissue gradually breaks down and is absorbed by the patient's own body. The procedure involves minimal blood loss and takes significantly less time compared to conventional surgical approaches.”

One of the key advantages of Rezūm is its shorter procedural duration. While conventional TURP procedures may take approximately 60–90 minutes and laser procedures can take 2–3 hours, the Rezūm treatment itself can be completed in approximately 3–5 minutes. The procedure also involves minimal blood loss compared to conventional prostate surgeries and does not require the placement of a permanent implant, unlike UroLift.

The treatment also reduces post-operative discomfort, as extensive urethral dilation is not required. While conventional procedures may require larger Foley catheters measuring 22–24 French, a smaller 14 French catheter can be used following Rezūm. The treated prostate tissue is gradually absorbed over the following months, with urinary symptoms improving progressively. Another important benefit is the preservation of the internal sphincter, which can help reduce the risk of retrograde ejaculation associated with conventional prostate surgeries, particularly benefiting younger patients who wish to preserve fertility.

Among the patients treated at Kauvery Hospital Radial Road was an 80-year-old man with diabetes, hypertension and coronary heart disease, who had been experiencing urinary difficulties for nearly a year. His condition gradually worsened, resulting in acute urinary retention that required the insertion of a urinary catheter at another healthcare facility. Given his age, frailty and underlying medical conditions, he had consulted multiple doctors but was considered at high risk for conventional surgical procedures such as TURP and HoLEP.

The patient was subsequently referred to Kauvery Hospital Radial Road, where Dr. Shivraj Barathkumar evaluated his condition. Following a thorough medical assessment and clearance from the cardiology and anaesthesia teams, he underwent cystoscopy and Rezūm Water Vapor Therapy. The patient was discharged within 36 hours of the procedure,

and his urinary catheter was removed on the tenth post-operative day. He was subsequently able to pass urine naturally without catheter assistance and continues to do well during follow-up consultations.

In his comments, Dr. Aravindan Selvaraj, Co-Founder & Executive Director, Kauvery Hospital, said, “Benign prostate enlargement is a common condition among ageing men, and for some patients, conventional surgery may pose additional risks due to age and underlying medical conditions. Rezūm offers a less invasive alternative, with minimal blood loss, shorter procedure time and quicker recovery. By making this technology available at Kauvery Hospital Radial Road, we hope to expand access to innovative urological treatments and help more patients regain their urinary comfort and quality of life.”