

## Using the Evolve® 980 nm Laser for Treatment of BPH in the Office Setting with Local Anesthesia

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### Quick Look ►

*The simplicity of the Evolve® 980 Laser allows you to incorporate this safe and effective treatment into your practice with ease and confidence. The procedure, performed in the office under local anesthesia, is a simple, yet durable procedure for treatment of symptoms of BPH. The 980 nm wavelength is truly unique because the energy is absorbed equally through water and hemoglobin, providing faster tissue ablation and excellent hemostasis. Unlike other minimally invasive procedures that rely on thermal desiccation of prostate tissue, the Evolve® laser*

### Background

Patients want relief from obstructive symptoms of BPH, but do not want to endure a hospital stay to achieve these results. Moreover, Medicare patients want to discontinue their tedious and expensive pharmaceutical regimens, which have become increasingly harder to maintain due to Part D's program structure.

Unfortunately, few options have been available. Like many urologists, I have looked for office procedures to offer my patients that were safe, effective, and long lasting, for the relief of BPH symptoms. In my experience, the available office-based procedures did not provide patients with the same degree of relief as TURP or laser vaporization under general anesthesia.

However, after I began using the Evolve® 980 Laser, I found that I could offer an office-based procedure that provided patients with results superior to those of other minimally invasive treatments. Moreover, this safe and effective procedure, made possible through the unique features of the Evolve® 980 nm wavelength, was easy for me to incorporate into my practice and yielded increased revenues.

### ***The Evolve® 980 Laser In-Office Procedure***

I began using the Evolve® 980 Laser in the operating room in 2006. After four months of successfully performing procedures with the device in the hospital, I began to ask myself whether I couldn't offer this procedure to patients in the office as well. With the superior hemostasis of the 980nm wavelength laser beam, which is absorbed equally in both water and hemoglobin, and the

contact ablation safety feature, I was confident that this procedure could be a safe option for my patients in an office setting.

The advantages of performing procedures in the office are significant. My office provides patients with a comfortable location, staff they are familiar with, and the knowledge that no hospital stay is necessary. Financially, the patient benefits by paying a significantly lower co-pay in the office as compared to a deductible for having the procedure done in the hospital or surgery center. Finally, performing this procedure in the office setting increases the physician revenue through the higher reimbursement rate (CPT #52648) and is covered by Medicare and most private insurance carriers.

### ***Patient Selection***

Patient selection is a key component, as performing the procedure in the office is not for everyone. It is ideal for those patients who prefer minimally invasive surgery. In addition, I've found it prudent to "Save the large glands for the O.R."

### ***The Anesthesia Protocol***

A practical in-office anesthesia protocol for the procedure using the Evolve® 980 Laser System is essential. I begin by prescribing patients with 5mg of Valium and two tablets of Darvocet N-100, which they bring with them and take in the waiting room about 30 minutes prior to the procedure. Once the patient is in the procedure room, I administer local anesthesia using intraurethral lidocaine jelly. Some urologists prefer to give a prostate block with a transurethral ultrasound. However, I have discontinued this practice because anesthesia is needed at the core (urethra and bladder neck) of the prostate, while a prostate block helps to anesthetize the capsule of the prostate. Using this anesthesia protocol, I have found that patients can tolerate the laser exceptionally well.

### ***The Procedure***

Most patients experience the therapy with minor discomfort. If discomfort is present, it is usually caused by the rigid cystoscope rather than the laser. As a rule of thumb, I have found that if a patient can comfortably tolerate a flexible scope during work-up, then he can likely tolerate the continuous flow cystoscope.

Once the scope is inserted, I use the laser in the same manner that I would if the procedure were being performed in the operating room. I usually administer approximately 50,000-100,000 joules of energy during lasing time, which takes approximately 20 to 30 minutes for completion. Patients may feel heat in the pelvic region or experience the strong sensation to urinate. An occasional patient may experience bladder spasms. The patient is awake for the entire procedure, and the majority of

patients are very comfortable. In all the 250 cases performed in our office, I have only aborted three procedures.

Once the procedure is complete, I place a catheter, and the patient is free to return home with a designated driver. I leave the catheter one to three days just to be conservative, though some patients leave without a catheter. The actual case time from when the patient enters the room until he is dressed and ready to leave for home is less than one hour!

### ***Patient Follow-Up***

Since I began providing laser therapy for BPH treatment in the office, I have treated more than 250 patients, all of whom are doing very well. In fact, all patients are voiding, only two patients required a second procedure, and no patient has ever needed three-way irrigation.

### ***Summary***

We have found that the Evolve® 980 in-office procedure is safe and effective, and can be performed with oral meds and local anesthesia. I believe it is the first and only in-office procedure for BPH that actually removes tissue and provides durable relief from symptoms caused by BPH. The simplicity of the Evolve® 980 Laser allows you to incorporate this safe and effective treatment into your practice with ease and confidence, and provides the same degree of relief as TURP – however, without all the potential complications of TURP. In addition, the unique properties of the 980 nm wavelength provide excellent homeostasis because energy is absorbed equally by both water and hemoglobin. The effect of treatment is immediate and patients walk out of the office without the pain they brought with them. In fact, patients from my practice have experienced a mean reduction of 15 points measured by the American Urological Association Symptom Score Index. All seven partners in our practice now utilize the procedure and are adamant about the superiority of this treatment for their patients. Patients are pleased with the superior outcomes as well!