

INSTRUCTIONS AFTER PENILE PROSTHESIS SURGERY

WHAT YOU CAN EXPECT:

Day of the surgery

- Bruising and some mild bleeding from the incision site
- Possible bruising and/or pain at the injection/iv site
- A catheter in your penis to help you empty your bladder
- A drain (in the groin area) to prevent blood accumulation in the scrotum
- Possibly see pink-tinge in urine
- Pain in the penis and lower abdomen

First day after surgery

- Pain and/or swelling may be worse today than yesterday
- Urinary catheter and drain will be removed
- May have difficulty in urination
- May see more bleeding from the drain site
- Implant partially deflated

After the second day

- Swelling and/or bruising of penis and scrotum may be more than the previous days

3-4 weeks after surgery

- Stitches in the skin will dissolve automatically
- Possible redness or slight separation of wound, this is normal

WHAT YOU SHOULD DO:

Day of the surgery

- Do some exercises in bed as follows:
 - Deep breathing and cough – to prevent pneumonia
 - Ankle and knee bending exercise – to prevent blockage of blood vessels
- ICE IS YOUR BEST FRIEND – apply an ice or cold pack (never directly on skin, use towel or cloth) intermittently (20 minutes at a time) for 24 hours.

First day after surgery

- Your wound/incision will be checked and dressing changed prior to your discharge from the hospital
- Keep the wound dry for 2 days after surgery - You may clean yourself with a washcloth, or cover the a dry towel or small plastic bag if you want to take a shower
- Ice is still your best friend – apply an ice or cold pack intermittently

After the second day

- Leave the yellow gauze on until you take your first shower (2 days after surgery)
- After the yellow gauze is removed, apply antibiotic ointment (bacitracin, neosporine or polysporine) to the incision/wound twice a day for 5 more days
- Do NOT drive, especially if you are having discomfort and/or are taking narcotic pain medications (vicodin, percocet, tylox, etc.)

1-6 weeks after surgery

- Return to clinic for wound/incision check after 1 week
- NO sexual activity (sex or masturbation) for 6 weeks
- NO bath/hot tub/swimming for 6 weeks

DIET:

Day of the surgery

- Make sure you keep hydrated by drinking lots of water and juice
- Eat bland food (toast, broth, etc.)
- Avoid alcoholic beverages

First day after surgery

- As you are able, resume your normal diet and fluid intake

MEDICATION:

Day of the surgery, after procedure

- Resume your prescribed medications EXCEPT for aspirin or blood thinners (coumadin, warfarin, heparin, etc.)
- Begin taking your newly prescribed medications, keeping in mind -
 - Narcotic pain medication may cause constipation, itching, nausea/vomiting, and “wooziness”.
 - Make sure you have regular bowel movements (ok to use Metamucil, milk of magnesium, etc.)
 - Do NOT drive if you are taking any of these medications.
- Take the full course of antibiotics for all 7 (or prescribed) days!

CONTACTS:

If pain is not adequately controlled with medication or you cannot urinate for more than 8 hours, please call the Urology Clinic at 206-598-4294, or if after normal business hours` please go directly to the Emergency Room.

I've read and understand all the instructions above.

Patient Signature

Date

Patient Label