

UTAH MEN'S HEALTH | Ahead of the Curve

Penile Prosthesis Post-Operative Care Instructions

POST-OPERATIVE CARE INSTRUCTIONS

- For the first 48-72 hrs after surgery ICE IS YOUR BEST FRIEND: apply a cold pack (never directly on the skin) intermittently (20 minutes at a time).
- After that, use heat pack up to 3 times daily for comfort.
- Starting 3 days after surgery, gently pull pump down in scrotum so it stays in good position. Do this daily.
- Avoid heavy lifting or strenuous exercise (walking is encouraged) for 2 weeks.
- No swimming or soaking in a bath or hot tub for 4 weeks.
- NO sexual activity (sex or masturbation) for 6 weeks.
- DO NOT drive while in pain and/or taking narcotic pain medication (Lortab, Percocet, oxycodone, etc.)
- The penis will stay 50% inflated until your first post-op visit (2 weeks after surgery)
- It is best if you wear briefs or similar snug underwear and have the penis facing "up" (towards the abdomen) for a month after surgery. This will help give the penis the best angle when you are ready to use the prosthesis.

WHAT TO EXPECT AFTER SURGERY

Day of procedure (you will be hospitalized overnight):

Bruising and mild bleeding from the incision

Possible bruising and pain at the I.V. site

Possible pain at operative site, bladder and urethra

You will have a small catheter in place to help you empty your bladder after surgery, this catheter can cause discomfort in the urethra and bladder. This is typically removed before discharge from the hospital.

Possible blood tinged urine (pink or reddish) due from the Foley catheter

24 - 48 hours after procedure:

Worse pain/swelling than the day before

Possible persistent bladder and urethral discomfort

Dressing may have dried blood

Possible trouble initiating the urinary stream

72 hours after procedure:

Increased swelling and bruising of penis than the days before

Possible pain/sensitivity of the scrotum/testicles

Possible pain in the lower abdomen

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WHAT TO DO/NOT DO AFTER SURGERY:

Day of procedure:

DO NOT drive a car, make important personal or legal decisions, or be left alone without supervision. Take it easy and avoid unnecessary activity

ICE IS YOUR BEST FRIEND: apply a cold pack (never directly on the skin) intermittently (20 minutes at a time) for 48 hours.

24 hours after procedure:

Your dressing will be changed before you leave the hospital. You may clean yourself with a washcloth, but do not shower for 2 days after the operation. Continue applying ice intermittently as directed (see above).

48 hours after procedure:

Change the dressing, once a day for 5 days.

Do not drive (especially if you have having discomfort and/or a taking narcotic pain medications (Lortab, Percocet, oxycodone, etc.)

Continue to apply cold packs as directed.

You may take a shower today, but try to keep the incisions dry.

72 hours after operation:

Continue to change dressing once daily for 2 more days.

Begin applying heat pack up to 3 times daily.

Starting today, GENTLY pull downward on the pump to make sure it stays in a good position in the scrotum. Do this daily.

Diet:

The night before the procedure:

Nothing by mouth after midnight

After the procedure:

Make sure you keep hydrated: drink 8 glasses of water a day.

Eat bland food (toast, broth, etc.).

Avoid alcoholic beverages

24 hours after procedure:

If you feel like it, eat a normal diet.

Avoid alcoholic beverages.

Continue normal diet and good fluid intake.

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Medication:

24 hours after procedure:

- Resume your prescribed medications EXCEPT for aspirin or "blood thinners" (i.e., Coumadin, warfarin, heparin) unless approved by the provider.
- Take your new prescribed medications as directed at hospital discharge.
- Continue pain medications if needed. May take Tylenol extra-strength INSTEAD of prescribed medications if desired.
- Take your regular medications.

Contact:

Call the Urology clinic at 801-587-1454 if:

- Pain is not adequately controlled with medication
- Cannot urinate for more than 8 hours
- Strong chills or fever (>101.5 °F)
- Increasing pain at the operative site, especially more than a week after surgery
- Drainage/pus from the operative site or near it, especially if parts of the prosthetic can be seen through the skin.
- After 6 weeks, if you cannot work pump to deflate it

The Clinic hours are Monday to Friday, 8am to 5pm

There is a Urologist on-call 24 hours a day, 7 days a week for issues that cannot wait until the office is open. Call the main hospital, 801-581-2121, to reach the Urologist on call.

If you feel you have a problem that is an emergency, call 911 or go to the nearest Emergency Room.