

# POST-OPERATIVE INSTRUCTIONS

## for penile implant surgery

### 1. WOUND AND PENILE PUMP CARE

First of all, dress for comfort. Continue to wear the athletic supporter until you are examined at your post-operative appointment. Keep your incision clean and dry. The dressing should be removed 24 hours after the procedure unless otherwise discussed. Apply ice packs (wrapped in a towel) over your penis and scrotum for the first 2-3 days. Utilize these for no more than 20 minutes at a time then give the skin a 20 minute break. This helps to decrease the swelling and pain from surgery.

In the first week after the procedure, there will be swelling around the components of the internal penile pump. It is imperative that the penis be maintained in a straight position during this time. This will involve keeping the penis pointing towards the umbilicus (belly button) using an athletic supporter or thick pair of underwear. Doing this helps the penis heal normally.

Keep the incisions clean and dry. A small amount of spotting from the incision is normal and a small gauze pad may be placed on the incision as often as necessary to prevent staining of your clothes. A certain amount of fluid remains in the cylinders at all times. This is to prevent formation of scarring on a completely deflated cylinder. It is therefore normal for patients to feel that a partial erection is present. The implant will be kept partially inflated for two weeks to allow for optimal stretching of penile length.

It is normal to have bruises and discoloration of the scrotum and penis in the first 10 to 14 days of the surgery. Swelling of the penis and foreskin are also commonly observed. As healing occurs, pain will gradually subside. It is normal to have pain and discomfort when standing. While lying down, pain should gradually subside. It is **not normal** for the pain to increase after 5 to 7 days. Please call me at anytime if you feel that the pain is increasing in the post operative period.

**Patients should start pulling down on their pump 3 days after surgery.** Care should be taken not to squeeze the pump itself during this process as this may cause activation of your prosthesis. Hold the pump above the neck and gently pull downwards 1-3 times per day. This will prevent the pump from healing high in the scrotum which can make activation of the pump difficult in the future. If swelling or pain prevent you from doing so, wait a few more days prior to attempting to manipulate the pump.

### 2. BATHING

You may shower starting two days after surgery. Do not take baths. Wash the incision with soap and water and pat it dry. Do not apply cream or ointment to the scrotum.

### 3. ACTIVITY

For the first 48 hours, please rest in order to minimize swelling. You should walk for approximately 15 minutes 3 times a day. Also, you may get up to use the restroom and eat meals as needed. On the third day after surgery, please begin light to moderate activities and gradually increase movement as you feel better. You may return to work at your discretion, usually after 1 to 2 weeks.

Do not lift anything greater than 20 pounds for 6 weeks after surgery to avoid herniation of the reservoir. Do not exercise aggressively for the full 6 weeks.

### 4. MEDICATIONS

You will be sent home with several prescriptions as you are discharged from the hospital.

1. Finish all of your antibiotic medication. Usually, patients are discharged to home with a 5 day course of a Sulfa- antibiotic. Do not skip any doses. If you miss a dose, resume your regular dose the next time

and complete the entire course of treatment.

2. Stool softeners or Sennalax are recommended after surgery for 30 days to prevent constipation.

3. Use the prescription pain medication as prescribed for any pain. **You DO NOT have to take this medication if the pain is tolerable.** Ibuprofen (Motrin, Advil) 600mg three times daily with food is recommended to relieve pain and swelling. Ibuprofen **may only** be started 48 hours after discharge and should not be used if any contraindications to ibuprofen exist. Be sure to get these filled prior to going home. You may not experience any discomfort at the time of discharge, but it is not unusual for patients to have an increase in pain 3-5 days after surgery as your activity increases. Pain medication should be taken as needed for comfort. If a laxative is necessary, use a mild one such as Milk of Magnesia, Senekot, Metamucil or Fleet Enema. If you are on medications at home, you should resume them unless otherwise instructed by Dr. Thompson.

## 5. DIET

There are no diet restrictions. However, we recommend balanced meals including foods that promote tissue healing, such as lean meats, green and yellow vegetables, citrus fruits, dairy products, and whole wheat breads and grains. If you are diabetic, return to your pre-operative recommended ADA diet. Constipation is usually experienced after a surgical procedure and is often due to pain medication. For that reason, we recommend that you start taking Colace or Sennalax twice daily, after the procedure.

## 6. GENERAL INFORMATION

You should make an appointment about 14 days after for a post-operative check. Just prior to the first postoperative visit, **please watch the instructional video to learn how to operate the penile pump.**

### Insert this video:

At the first appointment, you will be instructed to begin pumping the prosthesis fully to improve length and girth. Please avoid sexual activity until the final postoperative appointment at 6 weeks.

## 7. EMERGENCY CONCERNS

**Call Dr. Thompson if:**

**Fever-** You have a fever greater than 101.5° F

**Wound-** Your wound opens or you can see any of the components of your prosthesis

**Pain-** Pain not controlled with maximum dose of prescribed medication and rest

**Nausea/Vomiting-** It is normal not to have a full appetite after surgery. However, if you have persistent nausea/vomiting and you are unable to take clear liquids, notify your surgeon.

Please call Contact Dr. Thompson or one of her associates at (916) 262-9386