

## Before and After Your Surgery

### *Penile prosthesis*

*This handout explains how to prepare for and what to expect after penile prosthetic surgery. This surgery is done to correct sexual dysfunction. If you have any questions before or after the operation, please call the Men's Health Center at 206-598-6358.*

### **Day Before Surgery**

- Do not eat or drink anything after midnight the day before your surgery.
- Arrange for a responsible adult to drive you home from the hospital.

### **Day of Surgery**

- If you need to take medicine on the morning of your surgery, take it with only a small sip of water.
- Wear loose and comfortable clothing.

### **After Surgery**

When you wake up after surgery, you may have:

- A catheter (thin, flexible tube) in your penis to help you empty your bladder
- A drain in your groin area to keep blood from building up in your scrotum

### **Precautions**

For 24 hours after surgery, do not:

- Make important decisions. The anesthesia you received can make it hard to think clearly. It can take up to 24 hours to wear off.
- Drive.
- Drink alcohol.
- Use heavy machinery.
- Eat heavy or large meals. A heavy meal may be hard to digest.



*Drink plenty of water after your surgery to help your body recover (see page 2).*

## Fluids and Food

- Drink plenty of water so that you stay hydrated.
- When you get hungry, start with clear liquids or light foods.
- Avoid spicy and greasy foods.
- Resume eating your normal foods as you are able to handle them.

## Self-care

For the first 24 hours after your surgery:

- Rest. This will help reduce swelling.
- Apply cold packs (such as a bag of frozen peas) to your groin area to help reduce swelling:
  - Cover the area with a towel first. Do **not** place the cold pack directly on your skin.
  - Leave the cold pack on for 20 minutes, then off for 20 minutes. Keep doing this for the first 24 hours after your procedure. Keep the area cool, **NOT** cold.
- While you are recovering in bed, do these exercises:
  - Deep breathing and coughing. These exercises will help prevent pneumonia (a lung infection).
  - Ankle- and knee-bending. These exercises help improve blood flow, and this helps prevent blood clots.

## Common Symptoms

You may have discomfort after the procedure. These common symptoms do **not** require a doctor's attention:

- Bruising and some mild bleeding from your incision
- Pain in your penis and lower abdomen
- Some bruising or pain where the IV was inserted
- Some pink color in your urine

If you received general anesthesia, you may have a sore throat, nausea, constipation, and general body aches. These symptoms should go away within 48 hours.

## Medicine

- You may resume your usual medicines **except** for aspirin or other blood-thinners such as warfarin (Coumadin) and heparin. Your doctor will tell you when you can resume these medicines.
- Take **all** of the antibiotics as prescribed, until all the pills are gone.

- For moderate pain, take the pain medicine your doctor prescribed. Many doctors prescribe Vicodin or Percocet, which contain acetaminophen and a prescription pain reliever. If you are taking one of these medicines, always take it with food in your stomach so that you do not get nauseated.
- Do **not** drive while you are taking prescription pain medicine.
- For mild discomfort, you can take acetaminophen (Tylenol) or ibuprofen (Advil, Motrin).
- **Do not take acetaminophen while you are taking Vicodin or Percocet.** If you are given pain medicine other than Vicodin or Percocet, ask your doctor or nurse if it is safe to take acetaminophen while you are taking your prescription pain medicine.
- Prescription pain medicine may cause constipation, itching, nausea, and dizziness.
- Avoid getting constipated. You may want to take Metamucil, milk of magnesia, or a stool softener. You can buy these at a drugstore without a prescription.

## **Day After Surgery**

- Call the Men's Health Center at 206-598-6358 to make a follow-up appointment in 1 to 2 weeks if you have not already done so.
- Pain and swelling may be worse today than it was yesterday.
- Your urinary catheter and drain will be removed.
- You may have a hard time urinating.
- You may have more bleeding from the drain site.
- Your new implant will be partially deflated.
- Your nurse will check your incision and change your dressing before you leave the hospital.

## **At Home**

- Keep your incision dry for 2 days after surgery. You may clean yourself with a damp washcloth. Cover the area with a plastic bag if you want to take a shower.
- To reduce swelling, keep using cold packs on your scrotum (see instructions in the "Self-care" section on page 2). After 24 hours, stop using the cold packs.
- Most men have painful erections at night after this surgery. Use a cold pack on your penis to ease the pain.

## 2nd Day After Surgery

- Your penis may be more swollen and bruised than it was before.
- You may resume normal, **light** activity in 48 hours or when you feel better.
- Remove the yellow gauze today.
- After you remove the yellow gauze, apply antibiotic ointment such as bacitracin, Neosporin, or Polysporin to the incision twice a day for 5 more days.

## After 1 Week

- Avoid strenuous exercise or heavy lifting for 7 days. After that time, you can do all of your normal activities, but let discomfort be your guide. If an activity feels uncomfortable, slow down or stop and rest.
- Avoid all sexual activity, including masturbation, for 6 weeks.
- Do not take a bath, sit in a hot tub, or go swimming for 6 weeks.
- You should be able to return to work in 1 to 2 weeks, depending on the type of prosthesis you have and the type of work you do.
- Your incision will be closed with stitches. These will dissolve and do not need to be removed. It may take up to 3 to 4 weeks for them to dissolve all the way.
- It is normal for your incision to be a little red or to separate slightly.
- We will get your device working and show you how to use it at your follow-up visit in 5 to 6 weeks.

### Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns.

Men's Health Center:  
206-598-6358

Weekdays from 8 a.m. to  
5 p.m.

After hours and on weekends  
or holidays, call this same  
number or go to the  
Emergency Room.

Find more information at:  
<http://depts.washington.edu/uroweb>

## When to Call the Clinic

- A small amount of bloody discharge from your incision is normal. If your incision becomes red, painful, or has a pus-like drainage, call the Men's Health Center.
- Bruising around the incision site is normal. If the amount of swelling concerns you, call the Men's Health Center.

## Call the Men's Health Center during clinic hours, or go to the Emergency Room after hours if you:

- Have pain that is not controlled with your pain medicine
- Cannot urinate for more than 8 hours
- Have a fever higher than 101°F (38.3°C), with shaking and chills
- Have allergic reactions such as hives, rash, nausea, or vomiting to any of the drugs you are taking