What You Need to Know
Penile plication surgery

This handout explains how to prepare and what to expect after penile plication, which is surgery to straighten a curved penis. If you have any questions before or after the operation, call the Men’s Health Center at 206-598-6358.

How to Prepare

• Arrange for a responsible adult to drive you home after your surgery.
• Do not eat or drink anything after midnight the day before your surgery.
• If you need to take medicines in the morning before your surgery, take them with only a small sip of water.
• Wear loose and comfortable clothing on the day of your surgery.

After Surgery
For 24 hours after your surgery, do not:

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

Food

• Start with clear liquids or something light.
• Drink plenty of fluids so you stay hydrated.
• Avoid spicy and greasy foods.
• Progress to your normal diet as you are able to handle it.

Follow-up Visit

• 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.
Self-care

- Rest as much as possible for the first 24 hours after your surgery. This will help lessen swelling.
- To lessen swelling, use cold packs (such as a bag of frozen peas) on your groin area:
  - Cover the area with a clean 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.
  - Keep a cold pack in a cooler beside your bedside. Discomfort may be the worst at night, because of strong erections.

Common Symptoms

You may have discomfort after your surgery. These common symptoms do not require a doctor’s attention:

- Bruising and some mild bleeding from your incision site
- Bruising and pain at the injection or IV (intravenous) site
- Pain and burning when you urinate
- Pink urine
- Trouble starting to urinate
- Painful erections

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

Medicines

- Do not take aspirin or other blood-thinner medicines such as warfarin (Coumadin) or heparin. Your doctor will tell you when you can resume taking these medicines.
- You may resume taking the rest of your usual medicines.
- For moderate pain, take the pain medicine your doctor prescribed. Many doctors prescribe Vicodin, which contains acetaminophen and a prescription pain reliever. If you are taking Vicodin, always take it with food so that you do not get nauseated.
- **Do not drive** while you are taking prescription pain medicines. It is not safe. These medicines can affect your ability to respond quickly.
• Prescription pain medicine may cause constipation, itching, nausea, and dizziness.

• Avoid getting constipated. You may want to take Metamucil, milk of magnesia, or use a stool softener. You can buy these at a drugstore without a prescription.

• You can take acetaminophen (Tylenol) or ibuprofen (Advil, Motrin) for mild discomfort.

• **Do not take acetaminophen while you are taking Vicodin.** If you are given pain medicine other than Vicodin, ask your doctor or nurse if it is safe to take acetaminophen while you are taking your prescription pain medicine.

### Day After Surgery

• Pain and swelling may be worse today than they were yesterday.

• You may still have pain and burning when you urinate. It may be hard to start urinating.

• A small amount of bloody discharge from your incision is normal.

• Your bandage may have dried blood on it.

• Keep your wound dry for 2 days after surgery. You may clean yourself with a damp washcloth. If you want to take a shower, cover your wound with a condom or a small plastic bag. Be sure to leave the yellow gauze on.

• 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.

### 2nd Day After Surgery

• Your penis may be more swollen or bruised than it was yesterday.

• Leave the yellow gauze on until you shower 2 days after surgery. If the gauze dressing sticks to your penis, get the gauze wet in the shower and it will come off more easily.

• After you remove the yellow gauze:
  - You can shower daily.
  - Apply antibiotic ointment such as bacitracin, Neosporin, or Polysporin to your wound twice a day for 5 more days.

• You can resume normal, light activity in 48 hours or when you feel better. Do not do activities that cause discomfort.
After 1 Week

- Avoid strenuous exercise or heavy lifting for 7 days. After that, you can do all of your normal activities. Listen to your body. If an activity causes discomfort, slow down or stop and rest.
- Avoid all sexual activity, including masturbation, for 6 weeks.
- You may return to work when you feel comfortable enough to do so.
- Do not take a bath, sit in a hot tub, or go swimming for 6 weeks.
- Your wound may be red, or it may open a little for 3 to 4 weeks. This is normal.
- Your incision will be closed with stitches. These do not need to be removed. They will dissolve in about 2 to 3 weeks.

When to Call the Clinic

Complications after this procedure are rare. A small amount of bloody discharge and bruising around the incision are normal.

Call the Men’s Health Center during business 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 101ºF (38.3ºC) and shaking or chills
- Have nausea and vomiting
- Have an allergic reaction such as hives or a rash to any drugs you are taking
- Are concerned about the amount of swelling, or if your incision site becomes red, painful, or has a pus-like drainage

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