

### **Penile Prosthesis Discharge Instructions.**

#### Procedure:

A penile prosthesis was inserted

#### What to expect:

**Travel:** When making your travel reservations, do not plan to travel for at least 72 hours following surgery.

**Urine:** Urine will drain through the catheter. Keep the bag on the ground so it drains easily. This will be removed in 24 hours in our office. You may experience difficulty urinating or find your stream is not of its usual strength. This is because of the inflammation in your penis and it will return to normal in time.

**Anesthesia:** You will be sleepy and tired from the anesthesia. Occasionally you will also have a sore throat from the breathing tube. This will often get better in a matter of a few days, but if it does not, please let us know.

**Diet:** You can eat and drink anything you like but be reasonable. Drink plenty of fluids to stay hydrated. Water and Gatorade are good choices. Cranberry juice is not an ideal fluid choice because of its high sugar content.

**Activity:** No strenuous activity or heavy lifting for at least 6 weeks. No heavy lifting > 8 lbs for 2 weeks following surgery. **NO LIFTING** items heavier than 1 gallon of milk for 2 weeks following surgery. Ice scrotum for first week 20 min on surgical site one hour off. Keep incision clean and wash hands before touch incision site. Use common sense and take it easy.

**PULL PUMP DOWN** in the scrotum several times a day as you are instructed by your physician. You will likely experience some soreness and swelling, but this is an important part of the rehabilitation. Attempt to deflate tabs every time.

**Please remove scrotal support 48 hours after surgery.**

**NO SEXUAL CONTACT IS PERMITTED UNTIL PERMISSION IS GRANTED BY PHYSICIAN.**

**Shower:** Do NOT shower for the first 48 hours following surgery. No direct water contact for 5-7 days following surgery (7 days for diabetic patients). Do not scrub your incision until ok by physician. **NO BATHS until "OK" by Physician.**



**Constipation:** This is a common side effect of pain medication. Take stool softener as instructed after your procedure. **For constipation longer than 48 hours:** drink ½ bottle of magnesium citrate. If no bowel movement after one hour drink the other half of the bottle. If no bowel movement after magnesium citrate, use a Fleets enema.

Your scrotum will turn black and blue. It may also swell from surgery. Use ice packs as needed every 2 hours to help reduce pain and swelling. After 4 weeks post-operative, stop using ice and apply dry heat i.e. (heating pad) to scrotum 20 minutes on and 20 minutes off. Keep your scrotal support on while up and about for the first three days following surgery. Continue to wear loose but supportive underwear until six week post op appointment. Call us if your scrotum has increase swelling, bleeding or uncontrolled pain.

What to call for:

**Fever:** Call for a temperature over 101

**Nausea/vomiting:** Call if you do not feel well and cannot keep anything down.

**Inability to urinate:** If you cannot urinate after the procedure, please call us immediately.

**Incision:** Call if your incision opens up or you have any redness, pus, or discharge from incision site.

Medications:

**Pain medicine:** Take pain medicine as needed. This will constipate you so take Colace or Senna to stay regular. Do not drive on narcotic pain medicine such as Tylenol #3 or Percocet.

**Stool softener:** Take a stool softener while on pain medicine so you do not get constipated. We recommend Colace 200mg twice daily and Senna 2 tabs daily.

**Ibuprofen:** You can take ibuprofen as instructed on the bottle for pain, but please take in moderation.

Follow up:

**Please follow up on:**

---

---

Please call our office with any questions (678) 344 8900.