What to expect after you Penile Prosthesis Surgery

ANESTHESIA INSTRUCTIONS:
During the first 24 hours following anesthesia:
- You should NOT drive for the first 24 hours following your procedure.
- You should NOT drink alcohol for the first 24 hours following your procedure.
- You should NOT make any important decisions or sign any legal documents during the first 24 hour following your procedure.
- You should start with a clear liquid diet and advance slowly as tolerated.
- Experiencing some nausea and vomiting following sedation/anesthesia is NOT uncommon.

DIET:
Make sure you keep hydrated by drinking lots of water and juice. Eating a bland meal the evening of your surgery is recommended.

ACTIVITY:
For the first 24 hours following your surgery, it is important that you rest in bed, except to use the bathroom. Starting the following day, you should walk around the house as much as tolerated. Sitting in a chair is also encouraged. Your physical activity is to be limited:
- Avoid heavy lifting (greater than 5 pounds) or strenuous activity prior to your first follow up appointment.
- It is highly recommended to avoid sexual activity prior to your follow up visit. At your first follow up visit, your doctor will inform you of when you will be able to resume sexual activity.
- Wear loose fitting briefs or shorts and avoid wearing clothing that is too tight.

WOUND CARE:
There may be bruising and some mild bleeding from your scrotum. This is normal. A towel roll may be placed under your scrotum to help keep swelling down. You may start showering 48 hours after surgery. Gently wash the incision with soap and water, rinse thoroughly and pat dry. AVOID soaking your incision such as tub baths, hot tubs, and swimming pools for 6 weeks.

CATHETER CARE:
There will be a catheter placed in your bladder during surgery. The catheter will be removed the day after surgery.

MEDICATIONS:
Resume your prescribed medications EXCEPT for aspirin or blood thinners such as Coumadin. You will be prescribed pain medication at discharge. Although there will be some pain expected after surgery, the goal is to keep you comfortable. The pain medication will be a narcotic. Narcotics can cause constipation, so you are encouraged to increase your fluid intake. However, if you should become constipated, you make take Milk of Magnesia 2-3 tbsp or Dulcolax 2 tablets.

FOLLOW-UP APPT:
A follow up appointment will be scheduled for you to have the catheter removed and incision checked. This is usually on the first day after surgery.

PROBLEMS TO REPORT TO US:
- You have increased scrotal or penile swelling
- There is drainage from your incision
- Your incision is red or swollen
- The area of skin around your incision is warmer than elsewhere
- You have difficulty passing your urine or starting a stream
- There is blood in your urine
- Severe pain that is not relieved by your pain medication
- You have chills or fever of 101 or more degrees

Our offices are open as follows:

Monday - Friday  8am – 4pm  410-266-8049  
After 4pm, weekends and holidays 443-481-3003