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Diplomates of the American Board of Urology

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POSTOPERATIVE INSTRUCTIONS FOR INFLATABLE PENILE PROSTHESES

1. You will be sent home with a Foley catheter attached to a leg bag to drain the bladder of urine and a suction drain to prevent blood accumulating within the scrotum. A dressing will be placed to cover the incision and immobilize the penis and testicles. On the day after the surgery, please come to the office to have the catheter and drain removed and the scrotum re-dressed.
2. On the day of surgery, it is recommended that you spend as much time in bed as possible. For the first few weeks after a penile implant, it is important that you do not strain during bowel movements or engage in any heavy lifting or exertional activities.
3. Please place an ice pack on the penis and scrotum for the first 24-48 hours as this will significantly help relieve the normal swelling that appears.
4. You should expect swelling, black and blue areas, and blood spotting. There may be bloody discharge from the drain site for several days.
5. It is recommended that you wear a scrotal support or Jockey type shorts for 1-2 weeks to immobilize the testicles and scrotum.
6. You may resume your regular diet.
7. You may bathe or shower. Try not to get the sutures wet, as dryness facilitates the healing process. The sutures will dissolve on their own.
8. It is possible that you will have a sore throat for a day or so if the anesthesiologist has used a breathing tube during your procedure. If so, this normally responds nicely to Cepacol lozenges, as well as soft, cold foods such as yogurt and ice.
9. Take the antibiotic prescribed to completion to prevent infection.
10. Take the pain medication prescribed, as needed. Please do not drive or operate machinery while on the pain medication. The combination of undergoing an operative procedure and taking pain medication frequently leads to constipation. Early intervention is preferred to avoid the discomfort often associated with this problem. Everyone taking a narcotic pain reliever (i.e., Percocet, Tylenol with codeine, Hydrocodone, Vicodin) should begin taking a stool softener, such as Colace, immediately after surgery. The dose of Colace is 100 mg twice daily. Colace can be purchased at any pharmacy without a prescription. Remember, the more pain pills that you take, the more likely you are to develop a constipation problem. Therefore, you have to carefully consider the benefit of the pain pill versus the bowel side effects.

FOR A SEVERE BOWEL PROBLEM, FOLLOW THIS SCHEDULE:

- a. Dulcolax 10 mg suppository
- b. If no response in one hour, repeat the Dulcolax 10 mg suppository.
- c. If still no response, take 30 milliliters of Milk of Magnesia.
- d. Please call the office the following morning if the problem persists.

Note: Colace, Dulcolax suppositories and Milk of Magnesia are all available without prescription at any pharmacy. It is important that you resume all of your regular prescription medications.

11. Please call the office for a follow-up visit. If you encounter any emergency, please call the office at 973-539-1050.