

Penile Prosthesis Post-Operative Instructions

1. Finish all of your antibiotic medication. Do not skip any doses. If you miss a dose, resume your regular dose the next time and complete the entire course of treatment.
2. Stool softeners are recommended after surgery for 30 days to prevent constipation and can be picked up over the counter at any pharmacy. Colace and Miralax are commonly used, and should be taken as directed on the bottle.
3. Post operative pain: Goals are to minimize (not necessarily eliminate) discomfort as well as minimize the use of prescription strength pain medication. Over-the-counter Acetaminophen (Tylenol) can be taken as directed on the bottle for first-line pain medication. Ibuprofen (Motrin or Advil) can be used also, **but wait until after 48 hours from your surgery** as it may slightly increase the risk of bleeding. You may use the prescription strength pain medication if pain is severe and not managed by Tylenol or Ibuprofen.
4. Do not shower or bathe for 48 hours after your surgery. Resume showering after this 48 hour period. Do NOT immerse the incision in water (hot tubs, baths) until after your wound check in the office.
5. Keep the incisions clean and dry. A small amount of spotting from the incision is normal and a small clean gauze pad may be placed on the incision as needed to prevent staining of your clothes, otherwise leaving the incision open to air is preferred.
6. Drain care- If you are sent home with a drain, you will be instructed on how to empty the drain and record the output and when to return for its removal.
7. Bruising and swelling in the scrotum, penis and incision site is normal after surgery. Supportive underwear/jock strap can help to minimize this. If the bruising extends beyond the penis, scrotum or incision site, notify your surgeon.
8. Patients should start gently pulling down on the pump in the scrotum 7 days after surgery. Care should be taken not to squeeze the pump itself during this process as this may cause inflation of your prosthesis. Hold the pump tubing just above the neck and gently pull downwards 1-3 times per day. The goal is to prevent the pump from healing in a location too high in the scrotum where it can be more difficult for you to function. If swelling or pain prevent you from doing so, wait a few more days prior to attempting to manipulate the pump.
9. If you are unable to urinate, or feel like you are having to strain quite a bit in order to urinate after surgery, call to speak with Dr. Bream's nurse or the on-call urologist. The urethra channel that you urinate through was not altered during this surgery so if you needed to have a catheter placed to relieve urinary retention this can be done by a non-urologist.
10. Warning Signs- Call your surgeon if:
 - Fever**- You have a fever greater than 101.5° F
 - Wound**- Your wound opens or you can see any of the components of your prosthesis
 - Pain**- Pain not controlled with maximum dose of prescribed medication
 - Nausea/Vomiting**- It is normal not to have a full appetite after surgery. However, if you have persistent nausea/vomiting and you can't keep liquids down, notify your surgeon.
11. Do not pump up your prosthetic device before your follow up in 2-3 weeks. If you are healing appropriately, at that visit you will be given instructions on how to pump and practice with the prosthesis. (Separate pumping instructions will be given at that time)
12. Erectile dysfunction medications, penile pumps and other devices are no longer useful. Absolutely under NO circumstances are you to inject anything into the penis or the abdominal skin near the reservoir (such as insulin). You may puncture and ruin the device.
13. Please call the office phone, 563-359-1641, and speak to Dr. Bream's nurse if you are having concerns with your recovery before your scheduled post-operative visit.