

## Post op Instructions for Penile Prosthesis

### What to Expect:

- Drainage from a small opening located on your scrotum for 3 days. Please make sure to wear pads to absorb this fluid.
- Bruising, swelling and discoloration of the scrotum, penis and pelvic region.
- As healing occurs, pain will gradually subside. It is normal to have pain and swelling when standing.
- A certain amount of fluid remains in the cylinder at all times. This is to prevent formation of scarring on a completely deflated cylinder. It is normal to feel a partial erection.
- Scar tissue will form around the penile pump. Therefore, if the pump is pushed up into the scrotal sac (by sitting on the scrotum) during the first 7 days, the pump will permanently stay there. The pump will be more difficult to find, and the activation/deactivation of the device will be more challenging.
- Gently retract the pump down into the scrotum daily.
- It is imperative that the penis be maintained in a straight position. This involves keeping the penis pointing toward the belly button using tight fitting underwear.
- On the third day after your procedure, please take two-three 20 minute baths a day (no showers.) This will help reduce swelling and tenderness.
- For the first 48 hours, please remain in bed in order to minimize swelling. You should walk for approximately 15 minutes 3 times a day. On the third day, gradually increase your activity level as you feel better.

### Restrictions:

- No lifting of anything greater than 10lbs. for 6 weeks after your surgery.
- Try not to strain while having a bowel movement. You may become constipated after surgery due to pain meds. Please make sure to start Colace twice a day 3 days prior to your procedure. If a laxative is necessary, make sure to use a mild one such as milk of magnesia, senekot or Metamucil.
- Wash the incision with mild soap and water, pat dry. Do not apply cream or ointment to the scrotum.

### When to Call:

- Excessive bleeding or passing of large clots
- Inability to urinate
- Fever greater than 101.5
- Nausea causing vomiting or inability to keep fluid down
- Significant tenderness or swelling of legs
- Chest pain or shortness of breath