



## Post-operative Instructions

# Penile Prosthesis Surgery

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Your physical activity should be restricted for the first 48 hours. Move about only when necessary. During the first 7-10 days following surgery you should avoid lifting any heavy objects (anything greater than 15 lbs), and avoid strenuous exercise. Your activity should continue to be restricted for the next 2-3 weeks. If you work, ask your doctor specifically about any restrictions. No sexual intercourse for 6 weeks.

You should plan to wear a tight pair of jockey shorts or an athletic support for the first 4-5 days, even to sleep. This will keep the scrotum immobilized and help keep the swelling down. The position of your penis should be in the 'up' position (towards your head). You will have a dressing around the penis and on the abdomen. Please keep all dressings on for the amount of time your doctor has prescribed. Once the dressing is off, apply an antibiotic ointment to the incisions 2 times daily for about 2 weeks. After the dressings have been removed you may take a quick shower (be sure to dry the area well after the shower). No soaking tub baths/hot tubs until ok'd by your doctor. Your sutures will dissolve over the next 10 – 14 days.

Ice packs should be placed over the scrotum for the first 48 hours (15 minutes on and 15 minutes off). Do not place ice directly on the skin.

You will be sent home with a pain medication and an antibiotic. It is important that you finish the antibiotic as prescribed. If the pain medication does not control your pain, please call. Please be aware that pain medications can cause constipation. It is important that you drink plenty of fluids, eat high fiber foods and use a stool softener.

Please contact your doctor:

if you develop a temperature above 100.5 degrees Fahrenheit

if you have moderate or severe swelling under the skin incision or involving the scrotum

if you develop a reaction to the medications such as hives, rash, nausea or vomiting

Call 249-3900 and ask to speak with a triage nurse.