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PENILE PROSTHESIS PLACEMENT/REVISION POST-OP INSTRUCTIONS

ACTIVITY:

- No strenuous activity or lifting more than 10 pounds for 2 weeks. No weightlifting or vigorous exercise for 6 weeks.
- May shower the next day after your surgery, but no soaking in a bathtub, hot tub or swimming pool, etc. for 2 weeks.
- **No sexual activity for 6 weeks**

WHAT TO EXPECT:

- Swelling of the incision and scrotum is normal. Swelling may continue for months after prosthetic placement.
- You should apply ice packs to the incisions for 24-48 hours after the procedure.
- A small amount of bloody drainage from the incision is normal.
- You may have skin glue on your incisions. It will appear blue/purple.
- Watch for constipation. If you do not have a bowel movement within 2 days, and every day after that, then please take some Milk of Magnesia or Miralax.

MEDICATIONS

- Please take your antibiotic as prescribed for 5 days
- You will be prescribed narcotics, use as directed. Do not drive while on narcotics.

SPECIAL INSTRUCTIONS:

- **Gently pull your pump down to a position where you can get both hands on it starting 2 days after surgery.**

FOLLOW-UP:

- **Return to clinic to see Dr Shridharani in:**
 3 weeks other _____. Please call the clinic to confirm this appointment. Feel free to come in earlier if you have any concerns.

PROBLEMS TO WATCH FOR—NOTIFY YOUR SURGEON IF YOU HAVE ANY OF THESE SYMPTOMS:

- SEVERE pain not relieved by pain medication.
- Temperature over 101 degrees. Take temperature daily for 5-7 days.
- Heavy bleeding that soaks through your dressing/clothes.
- Redness, extreme swelling and/or pus at the incision site.
- Any part of the device seen through your wound or urethra.

After undergoing general anesthesia it is important to keep your lungs clear and expanded, by taking deep breaths every 2 hours for 24 hours, while awake. Also, until you are back to your normal activity level, it is important to maintain good circulation by being up and around at home, but not in excess.

After clinic hours please call our answering service at 423-778-5910. You will be directed to the physician on-call.