

PENILE PROSTHESIS IMPLANT DISCHARGE INSTRUCTIONS

DRESSING/INCISION CARE

- Remove the gauze dressing per your doctor's instruction (usually within 24 hours).
- Swelling and bruising of the penis and scrotum is normal and gradually improves within 1-2 weeks.
- Please wear tight fitting underwear or the jock strap provided to you as much as possible for the next 2 weeks. This will help decrease the pain and the swelling. You can also elevate the scrotal area when laying down to help draw fluid away from the surgical site.
- Ice packs to the scrotum (20 minutes on, 20 minutes off) help with swelling up to 3 days. Do not apply ice directly to the skin or while sleeping at night.

ACTIVITY INSTRUCTIONS

- Anesthesia takes **24 hours** to wear off. No driving/operating heavy machinery during this time.
- Please REST and take it easy after surgery. Anesthesia can make you feel light headed and dizzy.
- It is ok to shower the day after surgery once the dressing is removed. Soap and water to the incision, do not vigorously scrub. Pat dry. No submerging in tub baths, pools, hot tubs for 2 weeks until the incision is healed.
- Increase your daily activity and exercise gradually as tolerated.
- Avoid strenuous activity or heavy lifting (greater than 10-15 pounds) for 4-6 weeks.
- No sexual activity for at least 8 weeks. Please consult your doctor on timing.

DIET INSTRUCTIONS

- Eat a light meal after surgery as anesthesia can make you nauseous. Nothing greasy or spicy.
- Resume your normal diet as tolerated.
- Increase your fluid intake and hydration (preferably water) over the next week.

MEDICATIONS

- Take Tylenol (500 mg every 6 hours) with Ibuprofen (Motrin, Advil etc.) 600 mg every 6 hours. It is safe to take these together or alternate every 3 hours.
- If you were prescribed a narcotic medication for more severe pain, please take only as needed and do not drive while taking as it can cause confusion, drowsiness and constipation. Over the counter stool softeners are available if you were not prescribed one.
- If you were prescribed an antibiotic, please take as directed until finished.

CONTACT YOUR DOCTOR'S OFFICE IMMEDIATELY IF YOU EXPERIENCE THE FOLLOWING:

1. Fever greater than 100.6F, severe chills, continued nausea or vomiting
2. Severe pain that doesn't go away with pain medication
3. Excessive swelling or pus-like drainage from your incision
4. Inability to urinate

FOLLOW UP

- Call your doctor's office to schedule a follow-up appointment (if not already scheduled).



SURGERY CENTER

Phone: (224) 612-7000

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***If you have any questions or concerns regarding your surgery (even after business hours or over the weekend), PLEASE CALL THE 24 HOUR ON CALL NURSE at 224-612-7000.**

Please go to your nearest Hospital Emergency Department if you experience chest pain, difficulty breathing, or other emergency signs or symptoms.