

Penile Implant



**Lexington
Urology**

A Lexington Medical Center Physician Practice

A) One Month Prior to Surgery

- Arrange to take off approximately one week from work following surgery. You will be able to return to work after this week, but you should not lift anything heavier than 10 lbs. until two weeks following surgery.
 - If your job is physically demanding, you may need to request “light duty” until two weeks following surgery. If your job is very physically demanding (such as firefighters and police officers), you will require “light duty” for four weeks following surgery.
 - If you miss your preoperative appointment, your surgery date may be delayed or cancelled.
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B) One Week Prior to Surgery

- Arrange for transportation to and from the hospital on your surgery day. You will also need to arrange for transportation to and from the clinic the day following surgery.
- If you do not already own a jock strap or tight-fitting underwear, please purchase a pair. Baseball sliding shorts are excellent and can be purchased at Amazon or at any sporting goods store. Please bring them with you on your surgery date.
- Start using the Hibiclens® wash. The preoperative team will tell you where to get it. Use it once daily in the shower starting two days before your surgery date. You should have exactly TWO showers with Hibiclens prior to your surgery. Please make sure to clean your genitalia thoroughly.
- With the approval of your primary care physician and/or cardiologist:
 - ▶ Stop all aspirin-containing medications (e.g., Anacin®, Excedrin®, PeptoBismol®). Check any cold

or pain medication bottles to make certain they do not contain aspirin.

- ▶ Stop any blood-thinning medications such as, warfarin, Coumadin[®], Plavix[®], Xarelto[®], Eliquis[®], Brilinta[®] or Effient[®]. Some patients may remain on blood thinners if ordered to by another physician, but they MUST discuss it with your surgeon explicitly prior to proceeding with surgery.

C) Day Before Surgery

- DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT THE DAY BEFORE YOUR SURGERY. If you need to take any medications, do so with a small sip of water.
- Have the following items ready to bring with you to the hospital:
 1. Medications (should have four prescriptions)
 2. Pair of tight-fitting underwear
 3. Loose-fitting clothing. Pajama pants with a comfortable T-shirt is a good option.
 4. Insurance card and personal identification

D) Day of Surgery

- Please arrive at the hospital two hours prior to your scheduled surgery start time.
- Bring the previously mentioned four items.
- After registration, you will go to the preoperative area and change into a gown. Please remove all clothing prior to putting on your gown.
- Your nurse will start an IV to give you a special combination of antibiotics to reduce your risk of infection.

- You will be given some of the same oral medications your surgeon prescribed prior to surgery. They will reduce your discomfort immediately following surgery.
- Your nurse will ask you a series of questions. You will have already discussed many of these questions with your surgeon, so they may seem redundant. Please be patient. They are a standard safety check that we ask all patients to complete prior to surgery.
- Your surgeon will meet you in the preoperative area to complete final paperwork and give you the opportunity to ask any last questions prior to surgery.
- You will be given a “practice pump” to help you learn how to use your device following surgery. Try not to lose it. Please give it to your partner or place it with your belongings.
- Following surgery, you will have:
 1. A drain in your groin to reduce bruising and swelling. It will slowly pull away any postoperative fluid. Your nurse will teach you how to take care of the drain and record drainage.
 2. A special dressing wrapping the penis and scrotum. It will help reduce bruising and swelling as well.
 3. Although not typically required, if you cannot empty your bladder in the recovery room or if certain circumstances require it, you may have a Foley catheter.
- These items will be removed in the clinic one to two days following surgery. Some men may need to keep their drain and dressing for longer depending on circumstances.
- For the first 24 hours following surgery, please refrain from making important decisions, driving or drinking alcohol.
- When you get home, drink plenty of water. If you are hungry, start with clear liquids (sports drinks are great)

and light foods such as Jell-O® or crackers. Avoid greasy or heavy foods.

- Take gabapentin as directed for pain. You can take acetaminophen instead of the narcotic if your pain is mild. Start your antibiotic and daily dose of Mobic the morning following surgery. Please start taking docusate on the evening of surgery.
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E) Postoperative Schedule Summary

- **One Day Following Surgery:** Follow up in the office to remove your drain. If you have a Foley catheter following surgery, it will be removed at the same time.
 - **Two Days Following Surgery:** Unwrap and remove the dressing. If the dressing interferes with your ability to urinate, remove it earlier.
 - **Four Weeks Following Surgery:** Regular postoperative check.
 - ▶ If you're able to safely and comfortably inflate and deflate your implant, you are ready to use it.
 - ▶ Don't worry if you aren't quite ready to use your implant. Many patients require more time to heal and to learn how to work their implant.
 - If you aren't ready to use your implant at your four-week postoperative visit or would like more education, our office will see you once a month until you're comfortable using your device.
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F) Medications Following Surgery May Include:

1. Meloxicam 15mg (Mobic®)

- An anti-inflammatory to reduce postoperative discomfort.

- Take one tablet once daily for the first month following surgery.
- This medication is safe and processed by the kidneys. As such, if you have any kidney disease, please let our office know so a different medication may be provided.

**Can use an over-the-counter anti-inflammatory if more cost-effective.*

2. Gabapentin 300mg (Neurontin™)

- A pain medication specifically designed to address nerve pain.
- Take one capsule every eight hours for pain.
- Can make you drowsy. Do not drive or operate heavy machinery if you take this medication.

3. Postoperative antibiotic will be prescribed

- Take as directed for one week following surgery.
- It may reduce the chance of developing infection, so it is important to remember this medication and take it as prescribed.
- If you are allergic to medications containing sulfa, a different antibiotic will be prescribed.

4. Hydrocodone/acetaminophen (Norco™ 5/325)

- Take one to two tablets by mouth every eight hours as needed for pain.
- You should only need this medication for three to four days.
- Do not drive until you have stopped this medication for 24 hours.

5. Docusate sodium 100mg (Colace® , available at any pharmacy)

- A stool softener. Constipation is common after any type of surgery and can contribute to postoperative discomfort.

- Take one capsule twice daily as needed for constipation.
- Once you have one to two formed stool each day, stop taking docusate sodium (Colace).

6) Acetaminophen 500mg (Tylenol®)

- One you stop taking Norco, you can start taking Tylenol (purchase at your pharmacy).
 - Take one or two every eight hours as needed for pain.
 - DO NOT take this medication at the same time as Norco as you can take too much acetaminophen.
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G) One to Two Days After Surgery

- Arrive at Lexington Urology on time for your appointment.
- Take your medications as prescribed. If you feel as if your pain is not adequately addressed, please mention it at your appointment.
- Once your drain is removed, you may notice some swelling or black-and-blue bruising. It is common and almost never a reason to worry. It may even increase slightly following drain removal and will almost always resolve before your three-week postoperative appointment. If you have any concerns, please call the clinic.
- You should cover your drain site with a Band-Aid® or similar adhesive dressing until it heals. One of the most important parts of your recovery starts after removing your drain and dressing. Every time you go the bathroom, grab the pump in your scrotum and pull down firmly. It will be uncomfortable, but it will ensure your pump heals in the correct position and give you the best outcome possible. If it isn't uncomfortable, you probably aren't pulling firmly enough. Pulling on your

scrotum is often best done lying down in bed. There is no such thing as pulling too firmly. You won't break anything. While often the most challenging part of recovery, it is worth it.

H) When To Call the Office or Go to the Emergency Room

- Fortunately, complications with penile implant surgery in our practice are extremely rare; however, keep an eye out for the following signs and symptoms. We are always happy to see our postoperative patients on a same-day basis if they have any concerns about their surgery.
- Although your local emergency room may be closer, if you feel well enough to see us in the clinic, we prefer to evaluate our patients in-person rather than speak on the phone to another physician who may not be familiar with penile implants.
- When in doubt, call to see us in the clinic.
- Concerning symptoms include:
 - ▶ Fevers higher than 101°F (38.3°C) with shaking and chills.
 - ▶ Inability to urinate.
 - ▶ Pain not controlled with medication.
 - ▶ Increased redness or pus from your incision.
 - ▶ Increased redness or pain from the scrotum that worsens with time.
 - ▶ Any allergic reaction to prescribed medications, such as hives, rash, nausea or vomiting.

I) Recovery Prior to Your Four-Week Postoperative Appointment

- You are free to shower 24 hours after your drain and dressing removal. Please use sponge baths until this time.
- Do NOT take any baths or submerge your opened skin underwater for at least one month following surgery.
- Dissolvable stitches and glue close your skin opening. Do not pick at it; as the glue will flake off with time. Playing with your incision may increase your risk of infection. When you're allowed to shower, let water gently wash over this area. Do not scrub the area, and pat dry lightly.
- Avoid lifting anything heavier than 10lb for the first two weeks following surgery. You may return to work as previously instructed.
- Wear the supportive underwear purchased prior to surgery as much as possible. It will reduce your swelling and discomfort.
- Apply ice packs for 20-minute intervals several times a day for the first four to five days following surgery to reduce swelling and discomfort. Reusing bags of frozen peas or corn is helpful.
- Take your antibiotic as prescribed. Doing so is important. Also take pain medication and stool softener as prescribed.
- Abstain from all sexual contact, including masturbation, until cleared by your surgeon following your four-week appointment.
- Pull your pump down as instructed. It is very important.
- Many men will report a burning or aching sensation that's more pronounced in one testicle. It is a normal part of the healing process and will resolve with time.

- Practice feeling your pump. Compare it to your practice pump from the day of surgery. Try to locate your deactivation mechanism. The more familiar you are with your pump, the sooner you'll be able to return to sex after your three- to four-week postoperative appointment!
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J) Following Your Four-Week Postoperative Appointment

- If you are comfortable using your implant, start using it for sexual activity. Start low and slow, and gently work your way back into a routine.
- If you're still too tender, continue to work on feeling your pump to learn how it sits and where your deactivation device is located. Compare it to your practice pump. We will see you back in the office at least once a month until you're confident.
- You may stop regularly pulling down on your pump as it will be fixed in place at this point.
- We strongly encourage all our patients to inflate and deflate their implant at least once daily.

This document is a general educational resource for patients who undergo inflatable penile implant placement. The guidance applies to most patients in most situations. An electronic copy of this document is also available at LexingtonUrology.com.



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