

BMDA Artificial Urinary Sphincter General Urology Clinic

Discharge Instructions

During your surgery, your doctor placed an artificial urinary sphincter device in your penis area. It will help keep your urethra, the tube through which urine flows out of the body, closed until you want to urinate.

You have one incision (cut) underneath your penis; you may have another incision in your groin or lower abdomen. The Foley catheter placed during the surgery will be removed.

Incision Care

- You may shower today, but do not take tub baths for 14 days. The incision should be gently patted dry after you finish your shower.
- Your incisions are closed with absorbable sutures and skin glue. The glue will flake off with time. Try not to pick it. The sutures do not need to be removed.
- If you have excessive redness, cloudy fluid draining, fever, or increasing pain at your incision site, call your doctor's office.

The Pump

- The pump is located in either the right or left side of your scrotum. As instructed by your surgeon before you left the hospital, gently tug on the pump 2 to 3 times per day. This action helps to keep the pump in the correct position.
- **Do not** squeeze the pump; it is currently deactivated ("off"). To activate (turn "on") the pump you would have to squeeze it forcefully. You will be taught how to do this 6 weeks after the procedure. You are unlikely to do this accidentally.

Activity

- To help reduce swelling, elevate the scrotum with a towel as often as possible. Wear supportive underwear such as briefs or boxer briefs while you recover.
- You may engage in regular light activities for the next 2 weeks.
- Stay off your feet for the first 2 days.
- **Do not** lift items weighing more than 10 pounds for 6 weeks.
- **Do not** drive for 2 weeks. If you continue to take pain medicine, **do not** drive until you stop taking these medicines.

- **Do not** resume blood thinners, if you are taking any, until instructed to do so by your physician.
- **It is very important to avoid all straddle activities** until cleared by your physician. This means no bicycle riding, straddled seating, etc.

Medicines

- Please pay attention to the medication list on your discharge summary. Some medications may have changed while you recover from surgery.
- For pain, you should first use over the counter agents. You may take up to 1000mg of Tylenol (acetaminophen) and up to 800mg of Advil (ibuprofen) every 8 hours. Alternate these medications so that you take them 2-3 hours apart. For intense pain beyond these, take the prescription pain medication.
- Prescription pain medications and general anesthesia may cause constipation. You should take a stool softener while taking prescription pain medications to prevent this. Many are available over the counter such as Colace, Miralax, and fiber supplements. If you received narcotic pain medication, then you also received Colace. Please take this twice a day while taking the narcotic.
- You will receive a prescription for an antibiotic. Please take the entire course as prescribed.
- Restart taking all your previous medicines unless you are taking a blood thinner or otherwise instructed by your surgeon. Your doctor will tell you when to restart taking blood thinners, aspirin, non-steroidal anti-inflammatory drugs (NSAIDs) (such as Ibuprofen, Advil or Aleve) or platelet deactivating medicines.

Follow-up

- You will need to return to the clinic for a follow-up visit in 6 weeks, so your doctor can activate (“turn on”) the sphincter. This appointment should be scheduled for you. However, if you do not receive information about your follow-up visit, call the clinic to make the appointment.
- Call your doctor’s office at (904)-202-7300 before your follow-up appointment, if you have any of the following problems:
 - Excessive redness at the scrotum or incision site
 - Cloudy fluid draining
 - Fever

- Increasing pain at the incision site
- Inability to urinate

Emergency Center

In case of any emergency, call 911 or go to the nearest emergency center. *For non-emergencies during business hours, call our triage line at 904-202-7300 option 3.*

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