

BMDA Inflatable Penile Prosthesis Postoperative Instructions

About Your Surgery

You have undergone surgical placement of an inflatable penile prosthesis. It is very important that you follow the instructions in this document to allow proper healing and future functional use.

Wound and Penile Prosthesis Pump Care

Dress for comfort. In the first week after the procedure, scar tissue will form around the entire components of the prosthesis. It is imperative that the penis be maintained in a straight position during this time. This will involve keeping the penis pointing towards the umbilicus (belly button) using an athletic supporter, boxer brief or a standard brief instead of boxer shorts will provide the support needed after your procedure.

Continue to wear the supportive underwear during the day until you are examined at your post-operative appointment. After discharge, purchase a large pack of gauze 4x4s to stuff in the athletic supporter for comfort and support. You will use less of it as time goes by and you become more comfortable. Keep the elastic waistband of the athletic supporter above the head of your penis and do not let it apply pressure to your penis.

Keep your incision clean and dry. The sutures keeping your wound closed dissolve on their own in about 4-6 weeks.

A certain amount of fluid remains in the cylinders at all times for the first two to three weeks. This is to prevent formation of scarring on a completely deflated cylinder. It is therefore normal for patients to feel that a partial erection is present.

Scar tissue will also form around the scrotal pump. Therefore, if the pump is pushed up into the scrotal sac (by sitting on the scrotum) during the first 7 days, the pump will permanently stay there. The pump will be more difficult to find, and the activation/deactivation of the device will be more challenging. Thus, you should minimize sitting directly on your scrotum by wearing your athletic supporter. You should also gently pull down on the scrotal pump three times a day. This helps it to heal in the lower portion of your scrotum where it will be easier to use in the future.

It is normal to have bruises and discoloration of the scrotum and penis in the first 10 to 14 days of the surgery. Swelling of the penis and foreskin is also commonly observed. As healing occurs, pain will gradually subside. It is normal to have pain and discomfort when standing. When lying down, pain should gradually subside. It is not normal for the pain to increase after 7 days. Please call your physician or clinic staff at any time if you feel that the pain is increasing in the post-operative period.

Bathing

Do not shower or bathe for 2 days after surgery. You can sponge bathe until then. You do not need to continue Hibiclens soap after surgery. After 48 hours you may shower but do not soak in a tub.

On the 10th day after the procedure, please start 1 to 2 warm baths a day. These should last approximately 20 minutes and will help reduce swelling and tenderness. Wash the incision with soap and water and pat it dry. Do not apply cream or ointment to the scrotum. Warm bath soaks are required for comfort, pain relief and tissue healing. With warm baths, swelling will slowly disappear over a 10-14 day period. However, do not start baths if there is any wound drainage.

Activity

For the first 48 hours, please minimize activity in order to minimize swelling. You should walk for approximately 15 minutes at least 3 times a day. On the third day after surgery, please begin light to moderate activities and gradually increase level of activity as you feel better. You may return to work at your discretion, usually after 1 to 2 weeks.

Do not lift anything heavier than 5 pounds until seen in clinic at your two-week visit. Before leaving the hospital, your surgeon will instruct you on how to find your pump and gently move it if you have one. It is very important that you gently pull on the pump at least 3 times a day to make sure it heals in the lower part of your scrotum.

Do not drive for 2 weeks. If you continue to take pain medicine, do not drive until you stop taking these medications.

Diet

There are no diet restrictions. However, we recommend balanced meals including foods that promote tissue healing, such as lean meats, green and yellow vegetables, citrus fruits, dairy products, and whole wheat breads and grains. If you are diabetic, return to your pre-operative recommended ADA diet.

Constipation is usually experienced after a surgical procedure and is often due to pain medication. For that reason, we recommend that you start taking Colace if you are taking opiate pain medication post-operatively.

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 1,000mg 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.

When to Call Your Physician

- Increased pain
- Redness
- Swelling
- Foul odor
- Increasing wound drainage (clear or cloudy)
- Chills, shaking and/or fever elevations greater than 101°
- Nausea and vomiting
- Urinary retention (unable to urinate)

Follow-up Care

We will schedule you for a follow-up visit with your surgeon at approximately 3 and 6 weeks post-operatively. The first appointment is for wound care and general check-up and the second appointment will be to activate your device.

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.