

EL CAMINO UROLOGY MEDICAL GROUP, INC.

A DIVISION OF USNC

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Penile Prosthesis/Artificial Urinary Sphincter Post-Op Instructions

1. Finish all of your antibiotic medication. Usually, patients are discharged to home with a 14 day course of Levaquin, Cipro or sulfa based antibiotic. Do not skip any doses. If you miss a dose, resume your regular dose the next time and complete the entire course of treatment.
2. Stool softeners are recommended after surgery for 30 days to prevent constipation
3. Use the prescription pain medication as prescribed for any pain. You **DO NOT** have to take this medication if the pain is tolerable. Ibuprofen (Motrin, Advil) 200mg three times daily with food is recommended to relieve pain and swelling. Ibuprofen **may only** be started 48 hours after discharge and should not be used if any contraindications to ibuprofen exist.
4. Do not shower or bathe for 48 hours after discharge. Resume showering after this 48 hour period. You may take warm tub baths 3 days after discharge if the incisions are closed. We recommend warm baths twice daily at this time.
5. Keep the incisions clean and dry. A small amount of spotting from the incision is normal and a small gauze pad may be placed on the incision as often as necessary to prevent staining of your clothes.
6. Drain care- If you are sent home with a drain, your nurse will instruct you on how to empty the drain and record the output. Your doctor will instruct you when to return to his office for removal of the drain.
7. Bruising and swelling in the scrotum, penis and incision site is normal after surgery. If the bruising extends beyond the penis, scrotum or incision site, notify your surgeon immediately.
8. Patients should start pulling down on their pump 3 days after surgery. Care should be taken not to squeeze the pump itself during this process as this may cause activation of your prosthesis. Hold the pump above the neck and gently pull downwards 1-3 times per day. This will prevent the pump from healing high in the scrotum which can make activation of the pump difficult in the future. If swelling or pain prevents you from doing so, wait a few more days prior to attempting to manipulate the pump.
9. Do not activate your prosthesis until instructed to do so by your physician. If your prosthesis is accidentally activated, notify your doctor.
10. If you are unable to urinate after surgery, notify your surgeon immediately or come to the emergency department
11. Warning Signs- Call your surgeon if:
 - Fever**- You have a fever greater than 101.5°F
 - Wound**- Your wound opens or you can see any of the components of your prosthesis
 - Pain**- Pain not controlled with maximum dose of prescribed medication
 - Nausea/Vomiting**- It is normal not to have a full appetite after surgery. However, if you have persistent nausea/vomiting and you are unable to take clear liquids, notify your surgeon.
12. Please call Dr Karpman or one of his associates at (650) 962-4662 with any problems or questions.