

EL CAMINO UROLOGY MEDICAL GROUP, INC.

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PENILE PLAQUE EXCISION AND GRAFTING POST OPERATIVE INSTRUCTIONS

1. Finish all of your antibiotic medication. Usually patients are discharged 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 or treatment.
2. Stool softeners are recommended after surgery for 30 days, to prevent constipation.
3. Use the prescription pain medication as prescribed for pain. You DO NOT have to take this medication if the pain is tolerable. Ibuprofen (Advil or Motrin) 200 mg 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 contraindications to Ibuprofen exist.
4. Do not shower or bathe for 48 hours after surgery. Resume showering after this 48 hour period. You may start warm tub baths 72 hours after surgery.
5. You will be sent home with a catheter in place and a dressing. Schedule an appointment with your doctor for removal of the catheter and dressing 48 hours after surgery.
6. Apply the recommended antibiotic ointment to the incision twice daily, once the dressing is removed, and cover the area with a loose dressing to protect your clothes. DO NOT wrap any dressing tightly around the penis. The antibiotic ointment should be continued till the incision heals.
7. Bruising and swelling of the penis is normal after surgery. If the bruising extends beyond the penis or scrotum, notify your surgeon immediately.
8. Warning signs – Call your surgeon if:
 - Fever – You have a fever greater than 101.5F
 - Wound – Your wound opens
 - 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.
9. Call the office at (650) 962-4662 or the surgery scheduling staff at (650) 962-4658 with any problems or questions.