

**PENUMA**

**POST-OPERATIVE  
HANDBOOK**

# Penuma Post-Operative Handbook

<https://penuma.com/dr-edward-karpman/>

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**Congratulations on completing the Penuma enhancement procedure! We are excited for your journey. Please know that we are always here should you have any questions. To ensure a speedy recovery, we ask that you carefully review and follow this post-operative protocol.**

The points below are broken out between what to do/expect immediately after the procedure, over the next 6- 8 weeks and over the next 6-12 months.

Please note that **office visits are required** for at least the first three or four days after surgery (potentially more based on your individual circumstances), so please schedule your post-operative office visits with our staff. Routine follow-up consultations are also highly recommended and will be discussed with the medical staff.

Post-surgical care is critically important for preventing and reducing potential post-operative complications and maximizing the likelihood of positive results. It is necessary to **email progress pictures to the clinic every week for the first six (6) weeks to eight (8) to report progress.** (Please refer to Appendix for picture guidelines) Thereafter, monthly email updates are sufficient. This is your responsibility, and failure to do so is considered non-compliance with medical advice and can be detrimental to the recovery process. Most complications can be mitigated with compliance with the following instructions.

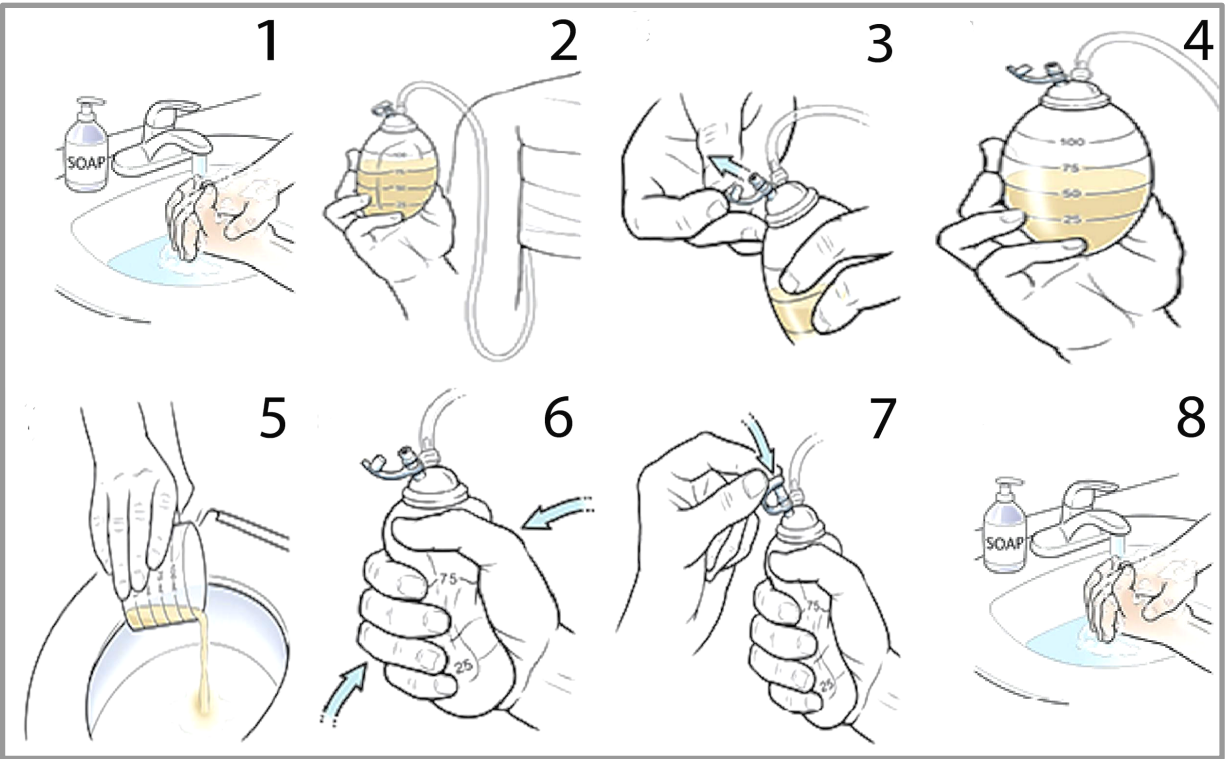
Should you have any questions, please do not hesitate to contact our office at [\(650\) 962-4662](tel:(650)962-4662) or at [dr.karpman@penumasurgeons.com](mailto:dr.karpman@penumasurgeons.com). As much as possible, please include all your questions in one email at a most efficiently address them. Please note, emails that are received on weekends and/or outside normal business hours will not be reviewed until the next business day; unless you have specific questions, emails with only photo submissions may not receive a response after review if medical staff does not notice anything unusual. Do not utilize email in an urgent situation.

**If you need immediate medical attention after office hours, please call [\(650\) 962-4662](tel:(650)962-4662) This number will page a member of staff immediately. In case of an emergency, please call 911 or visit an urgent care facility near you.**

# Immediately after the procedure

## *JP Drain and shower*

- After your procedure, you will notice a small tube and collection bulb coming from your lower abdomen. This is called a **JP drain**, and its purpose is to allow for antibiotic fluid around the implant to exit your body in the following days. It will be removed during your final follow-up visit, which will take place 3-4 days (and in some cases longer) after your procedure.
  - While you have the JP drain, you will need to **keep it activated**. Instructions and pictures for activating the drain are included here. Please let us know if you have any questions.
  - When the fluid level of the drain reaches the **halfway mark**, you will need to empty the drain bulb. To drain and reactivate:
    - Wash your hands with soap and water
    - Pull the plug out of the bulb
    - Pour the fluid inside the bulb into the toilet
    - Squeeze the bulb flat.
    - While the bulb is flat, put the plug back into the bulb. The bulb should stay flat after it is plugged so that the vacuum suction can restart
- You may notice the color of the fluid within the bulb is red. This is the color of your antibiotic (Rifampin) solution, and there is no need for concern.
- **Do not take a shower, bathe or expose your body to any open pools of water for the entire time the JP drain is with you.** Sponge baths are allowed while you have the drain, and you may wash your hair or face; however, the area of the surgery must remain dry until your drain is removed.
  - After the drain is removed, shower and rinse the genital area with regular soap or body wash and dry the skin gently.
  - You will see two loops of clear sutures at the two ends of your suprapubic incision line and under the white strips. Those clear sutures are dissolvable, and there is no need for removal. Moreover, **do not attempt to remove the white strips** on your incision line. They will gradually fall off on their own while you shower, typically within two (2) weeks after the procedure. In some cases, you will see two (2) loops of blue sutures. It is your responsibility to have these blue sutures removed in 10-15 days.
  - **Do not use a hot tub, Jacuzzi, sauna (wet or dry), or Whirlpool bath or submerge yourself in any body of water until you have been cleared to do so by the medical staff (typically six (6) to eight (8) weeks after the procedure).**



### ***Antibiotics, pain medication, and penis wrap***

- Begin taking your prescribed antibiotics and pain medication following your surgery as written on the label of the medications. Take **Extra Strength Tylenol for mild to moderate pain and Ultram (Tramadol) for more severe pain as needed.**
- If you experience nausea or feel sick after taking your medications, try taking the medications with food.
- Please provide Dr. **Karpman** and his staff with a list of any other medications you may have been taking before the procedure (whether prescribed or over-the-counter). Dr. **Karpman** and his staff must approve the use of any of these medications before resuming their use. Some medications may not be combined with post-operative medications. For example, some patients may be required to use Nitrobid ointment/cream. However, **Nitrobid cannot be used if a patient is taking any PDE5 Inhibitors such as Viagra, Cialis, Levitra, etc.** Therefore, it is critical that you inform the medical staff of all current medications/allergies.
- After your procedure, please eat a **light meal** (fish, chicken soup, salad, etc.), and please drink plenty of water and juice. You may be constipated immediately after the surgery as a result of the anesthesia. Therefore, **bowel movement** is important. Drink plenty of water. Salad and generous amounts of olive oil, in particular, can stimulate soft bowel movement. If you do not have any bowel movement by the second day after your procedure, try a stool softener and contact Dr. **Karpman** and his staff for further evaluation.

- After the surgery, **you may experience a decreased appetite**. Your appetite should return to normal in a few days; however, for the time being, it is essential that you resume eating. Therefore, please begin eating light foods such as soup, salads, and/or fruits.
- If you notice **unusual itching or redness** on your skin after taking your medications, it is most likely due to a reaction to one of your antibiotics. Discontinue taking them and notify a member of Dr. **Karpman's** medical staff immediately.
- After surgery, your penis will be wrapped with gauze to prevent swelling and bleeding. This wrap may cause your urine stream to be split or weak, causing dripping. This is normal and should not be a concern. Your normal urinary stream will resume after the removal of the wrap. **Your penis must be wrapped for the first 24 hours after surgery**. Please do not unwrap it for any reason unless instructed to do so by Dr. **Karpman** or his medical staff. Unwrapping it prematurely may cause bleeding and/or swelling.
- At your first follow-up appointment, the wrapping around your penis will be replaced by a medical sleeve called **UroWrap**, which must be kept on your penis at all times until drain removal. After drain removal, for the first week (or per the surgeon's instructions), please wear the UroWrap during the day and while sleeping. Remove the UroWrap every few hours if at home. Please remove the UroWrap before you shower and keep the UroWrap off for an hour immediately after the shower in order to allow the penis to air dry. Make sure to change your UroWrap and use a clean one. After the first week (or per the surgeon's instructions), please wear the UroWrap during the day – please take it off at night and when you shower or submerge yourself in any body of water. Visit **[www.uowrap.com](http://www.uowrap.com)** for more details

### ***Skin care***

- **Your skin is the primary and most important barrier against infections**, protecting the body from dangerous invaders such as bacteria. Keep the skin well hydrated as to prevent it from drying out.
- Use a non-scented, hypoallergenic, vitamin-rich (Vitamins A and D) lotion/cream (ask your pharmacist) to hydrate the skin.
- **DO NOT SHAVE your pubic/genital area** using a razor or blade (Trimming is acceptable).
- Watch for any unusual appearances. Immediately report skin irritation, swelling, redness, etc. on the penis or the suprapubic area.
- In general, you can prevent most skin yeast infections (candida) by keeping your **skin clean and dry**, and by following a healthy lifestyle, including proper nutrition. The affected area must be kept clean, dry, and protected from chafing. Exposure to air is also helpful. It is important that for people with diabetes to keep their blood sugar under tight control.



# Ongoing instructions

## *Sexual activity*

- It is critical that you **refrain from all forms of sexual activity** (including oral, vaginal, anal, and masturbation) after the procedure until given clearance by Dr. **Karpman** and his staff. This clearance typically takes place six (6) to eight (8) weeks after the procedure, but individual circumstances may vary.
- After clearance for sexual activity, please use a condom and wash yourself with antibacterial soap and water after engaging in sexual activity for the first six (6) to eight (8) weeks of sexual activity. Observe the penis for the first few months and report any unusual findings (redness, soreness, swelling, inflammation, etc.) to Dr. **Karpman** and his staff immediately. Do not engage in any risky or strenuous sexual activity.

## *Physical exercise*

- Do not engage in any **heavy lifting or strenuous activity** until you receive clearance from Dr. **Karpman's** or the medical staff (typically six (6) to eight (8) weeks after the procedure).
- The first week after the drain has been removed is a time for **relaxation, rest, recovery**, and letting the incision heal.
- **Light upper body exercises** can resume upon clearance by Dr. **Karpman** and his staff. This typically takes place four (4) weeks after the procedure, but individual circumstances may vary.
- **Light lower body exercises** can resume upon clearance by Dr. **Karpman** and his staff. This typically takes place four (4) to six (6) weeks after the procedure, but individual circumstances may vary.
- **Regular exercise routines** can resume upon clearance by Dr. **Karpman** and his staff. This typically takes place six (6) to eight (8) weeks after the procedure, but individual circumstances may vary. **Even after clearance, please continue to wear the UroWrap during any strenuous activity for up to 6 months.**

## *Sleep and clothes*

- You should **sleep on your back** as much as possible for at least the first six (6) to eight (8) weeks following surgery.
- Try to wear **loose, comfortable clothing** such as loose boxer shorts and sweatpants as much as possible. We would like you to allow the penis to hang down in loose boxer shorts for at least six (6) to eight (8) weeks.

- Your **scrotal support (jock strap)** is similar to underwear and should be worn for 3-4 days after the procedure, including during your flight home, if applicable. If you need to go to the bathroom, you can lower and raise it just like regular underwear. Please note that your penis should protrude out of your scrotal support (jock strap) through the hole.

### ***Swelling, bleeding, and incision***

- After the surgery, the **incision area needs to heal**. Over the next approximately three (3) weeks, as the new tissue grows, you may notice temporary “lumps and bumps” underneath the incision line, which typically dissolve over time. Every surgery can result in some degree of swelling, bruising, and pain. You may see minimal bleeding and blood spotting on the incision line of your suprapubic area. This is normal and expected. Please consult with Dr. **Karpman** and his staff if the incision line is not improving and/or worsening.
- You may experience some **swelling and/or bruising** of the penile shaft, scrotum, and lower abdomen for approximately one (1) to two (2) weeks after the procedure. This is normal and typically goes away after a short period of time. You may elevate the scrotum and penis with a towel placed between your legs to minimize swelling. **Do not apply ice or heat unless directed to do so.**
- Due to the nature of the surgery and fixation of the implant below the glans (head of the penis), nighttime erections (an occurrence typically every 90 minutes while you are asleep) might feel uncomfortable during the first few weeks after surgery. If **nighttime erections** are frequent and painful, use the medications provided and please notify Dr. **Karpman**'s medical staff.
- A temporary **increase or decrease in sensation** post-op may be experienced. This is likely due to the stretching of the skin after placement of the implant, and it typically returns to normal in the coming weeks or months. Please be patient with your body as it stretches to accommodate the implant.
- After the surgery, your penis may temporarily feel as though it is in a semi-erect state as a result of the penile skin expansion. This is normal. As your body adjusts to the new implant, it will become softer, and your penis will resume its flaccid state.

## Six months and beyond after the procedure

- Potential changes to erect length, if any, are **unpredictable** and depend on individual anatomy and physiology. Under your incision line, Dr. **Karpman** has put 4 layers of closures to prevent any opening of your incision as a result of, e.g., strong erections. The closures are designed to dissolve in the coming months. Please be patient with this process.
- Please **do not use any form of stretching or stretching exercises/external devices or vacuum pumps**. This will damage your implant and may cause serious complications.
- Sutures on the suprapubic area may be clear in color meaning you do not need to remove them. They are dissolvable and will typically dissolve on their own after a few months. Please notify Dr. **Karpman's** medical staff if this does not occur. Please remember that the blue sutures (if used) must be removed in 10-15 days.

## *Results*

- Based on historical results, we have seen an average increase of **1" to 2"** of added length and girth to the flaccid penis, and around **1" to 2"** of added girth to the erect penis. Erect length increases, if any, are variable and may take 6 to 12 months or longer to appear. This depends on the patient's anatomy and physiology. Results may vary by patient and are unpredictable.
- You may notice a temporary retraction and loss of length after the procedure. This can be due to the presence of sutures and the limitation of the skin. We have utilized your skin to accommodate the largest implant that you can safely accommodate. Your skin needs to stretch to allow for the elongation process. Please note that this process may take 6-12 months. Please continue following the instructions and be patient as your body continues to heal.



## Medical Supplements for Recovery Process

Please read the following instructions and follow this protocol for maximum recovery:

### Required:

- Purchase the **UroWrap** penile bandage for your penis. It is available online through retailers such as [www.amazon.com](http://www.amazon.com), or [www.uowrap.com](http://www.uowrap.com)

### Optional (Do not use unless directed by Dr. **Karpman** and his staff):

- Use of **L-Arginine** (1000 mg, once daily) combined with **L-Citruline** (500–750 mg, once daily) to improve the skin blood flow (over-the-counter medication). Please contact us for further information.
- If Nitrobid has been prescribed for you: apply a pea-sized amount of the Nitrobid ointment/cream to the shaft of your penis nightly before bed. **DO NOT APPLY NITROBID IF YOU ARE TAKING A PDE5 INHIBITOR SUCH AS VIAGRA, CIALIS, LEVITRA, ETC. The combination of Nitrobid ointment/cream with a PDE5 Inhibitor can cause a severe adverse reaction.**

## Final note

Please remember **it is your responsibility to email your weekly updates and pictures** to the medical staff at [dr.karpman@penumasurgeons.com](mailto:dr.karpman@penumasurgeons.com). If there is an urgent issue, please contact the office immediately.

- Please keep in mind that your surgeon is currently one of a few surgeons performing this type of patented penile implant surgery. If you consult with a medical professional untrained in this procedure, this will be against medical advice and may nullify any warranty you may have.
- Dr. **Karpman** and his staff have the experience to guide you through exercises, questions, and any possible complications. Therefore, all questions and concerns should be directed to Dr. **(Karpman's)** and his staff only. Avoid seeking answers online, as most comments and answers lack a scientific basis and may cause harm. If, for some reason, you need to see your local doctor, please let us know, so that we may advise the doctor on proper procedures.
- Please call us at **(650)962-4662** (Mon thru Fri 9a-5p) or e-mail us [dr.karpman@penumasurgeons.com](mailto:dr.karpman@penumasurgeons.com) for further information or questions. All updates and non-urgent general questions should be submitted in written format via email
- **In case of an emergency, or if you need immediate medical attention after office hours, please call 911 or visit an urgent care facility near you. If you need immediate medical attention after office hours, please call (650) 962-4662. This number will page a member of staff immediately.**

**Our office is available to help as you continue on this journey.**

<https://penuma.com/dr-edward-karpman/>

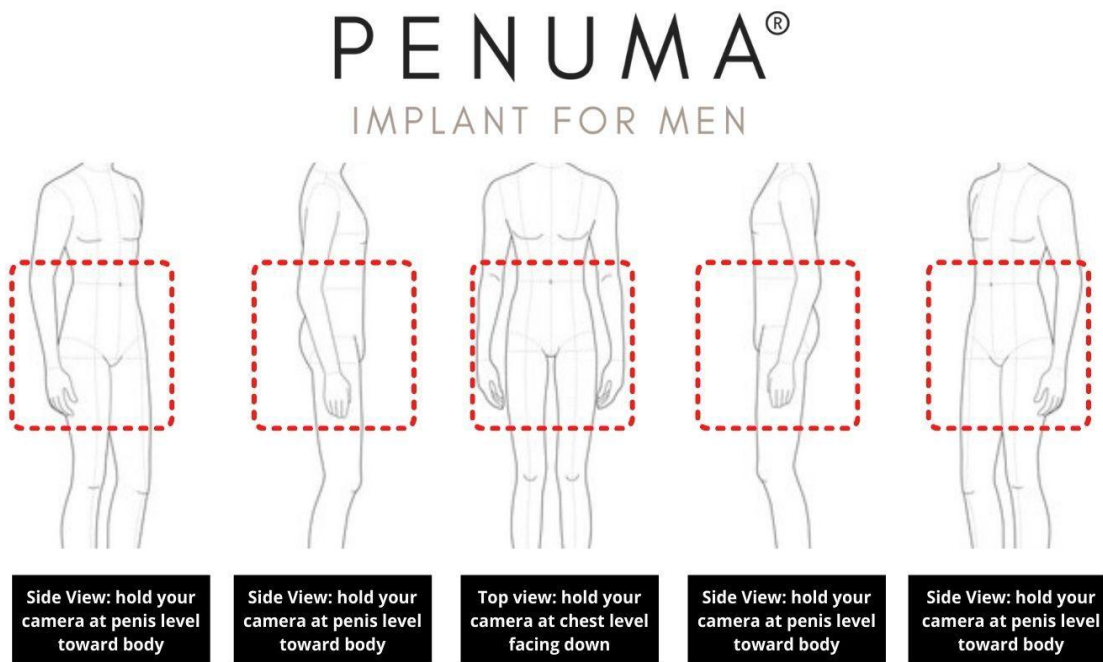
[dr.karpman@penumasurgeons.com](mailto:dr.karpman@penumasurgeons.com)

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# Appendix

## Picture Update Instructions

- Please take front and side pictures of the penis in both the flaccid state. Please note that achieving an erection in your recovery period should only be natural. It is critical that you refrain from all forms of sexual activity, including oral, vaginal, anal, and masturbation, which can result in achieving an erection until given clearance by Dr. **Karpman** and his staff.
- Please submit your photos to the medical staff along with your post-op questionnaire for (6) six to (8) eight weeks. They will be treated with the highest level of confidentiality.



Please see the graphic instructions above.

- Make sure to allow distance between the camera and the body
- The dotted red square is the area that should be photographed
- Make sure to omit your face from all the photos
- Take the photos standing up
- Please make sure the photos are in focus and taken in a well-lit area.