

Education for Patients Undergoing Inflatable Penile Implant Placement

This document is meant to be a general educational resource for patients undergoing inflatable penile implant placement and its guidance will apply to most patients in most situations. Please read this document in its entirety as it will answer common questions before and following penile implant surgery.

Post-Op Schedule Summary

- **1-2 Days Following Surgery:** Follow-up in the office for removal of your dressing and drain. Some men may be requested to keep their dressing and drain for longer depending on their unique situation. If a foley catheter is left following surgery, this will be removed at the same time.
- **3 Weeks Following Surgery:** Regular post-operative check to examine your incision and assess your comfort and proficiency with inflation and deflation of your implant.
 - **If you're able to inflate and deflate your implant, you are ready to use your implant safely and comfortably!**
 - If you aren't quite ready to use your implant yet, DO NOT WORRY! Many patients may require more time to heal and learn how to work their implant.
- **Once A Month Following Your Post-Op Check:** If you aren't ready to use your implant at your above 3-week post-op visit or desire further teaching, our office will see you once a month until you're a professional at using your device!

Medications Following Surgery

- We strongly believe in a non-narcotic approach to pain management following penile implant surgery. Narcotics (such as Norco or Percocet) can lead to constipation, breathing problems, and addiction.
- Fortunately, the medications you will be given (along with practical measures such as supportive underwear and intermittent icing) have been PROVEN to provide EXCELLENT pain relief!
- You will be provided prescriptions for different medications to take following surgery. These are:
 1. Ibuprofen 600 mg (aka Advil)
 - An anti-inflammatory to reduce post-operative discomfort.
 - Please take 1 capsule every 6 hours while awake for the first few days after surgery.
 - This medication is very safe but is processed by the kidneys. If you have any sort of medical kidney disease, do not take this medication.
 2. Acetaminophen 650 mg (aka Tylenol)
 - Another medication to reduce post-operative discomfort.
 - Please take 1 tablet every 6 hours while awake for the first few days following surgery.
 3. MiraLAX
 - A stool softener. Constipation is common after any type of surgery and can contribute to post-operative discomfort.
 - Please take 1 scoop mixed with water daily.
 - You should have 1-2 formed stool each day. Please stop taking this medication if you develop loose stools.
 4. Trimethoprim 160 mg / Sulfamethoxazole 800 mg (aka Bactrim DS)
 - Your post-operative antibiotic.
 - Please take 1 tablet twice daily for 1 week following surgery.
 - **This may reduce the chance of developing infection! It is very important that you not forget this medication and take it as prescribed.**
 - If you are allergic to medications containing sulfa, a different antibiotic will be prescribed.
- You will also be provided with an antibiotic wash known as Hibiclens to be used prior to surgery. We request that patients use this to wash their entire body in the shower ONCE daily starting TWO days prior to surgery. Ignore warnings on the package regarding use on genitalia.

One Week Prior To Surgery

- Please make sure that you arrange for transportation to and from the hospital on your surgery day. You will also need to arrange for transportation to and from the clinic the day following surgery.

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- If you do not already own them, **please purchase a jock strap or tight-fitting pair of underwear (baseball sliding shorts are excellent for this, <https://amzn.to/34H865Q>**. These can be purchased at the provided Amazon link or at any sports supply store.
- Please start using your **Hibiclens** wash ONCE daily in the shower starting TWO days before your surgery date. This means you should have exactly TWO showers with **Hibiclens** prior to your surgery. Please make sure to clean your genitalia thoroughly!!
- With the approval of your primary care physician and / or cardiologist:
 - **STOP ALL ASPIRIN CONTAINING MEDICATIONS** (ex. Anacin, Excedrin, Pepto-Bismol). Check any cold or pain medication bottles to make certain they do not contain aspirin.
 - **STOP ANY BLOOD THINNING MEDICATIONS SUCH AS: WARFARIN, COUMADIN, PLAVIX, XARELTO, ELIQUIS, BRILINTA, OR EFFIENT.**

The Day Before Surgery

- **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT THE DAY BEFORE YOUR SURGERY.** If you need to take any medications, please do so with a small sip of water.
- Please make sure you have the following items ready to bring with you to the hospital:
 - A pair of tight-fitting underwear
 - A pair of LOOSE-fitting clothing. Pajama pants with a comfortable t-shirt are a good option.

The Day of Surgery!

- Please arrive at the hospital at least 2 hours prior to your scheduled surgery start time.
- After registration, you will be taken to the pre-operative area and asked to change into a gown. Please remove all your clothing prior to putting on your gown.
- Your nurse will start an IV to give you a special combination of antibiotics to reduce your risk of infection.
- You will be given oral medications to reduce your discomfort immediately following surgery.
- Dr. Box will meet you in the pre-operative area to complete some final paperwork and give you the opportunity to ask any final questions prior to surgery.
- You will be given a 'practice pump' that you will use to help learn how to use your device following surgery. Try not to lose this! Please give this to your partner or place it with your belongings.
- Following surgery, you will have:
 1. A drain in your groin to reduce bruising and swelling. This will slowly pull away any post-operative fluid. Your nurse will teach you how to take care of this and record the drainage.
 2. A special dressing wrapping the penis and scrotum. This will help reduce bruising and swelling.
 3. Although not typically required, if you are unable to empty your bladder in the recovery room or if certain circumstances require it, a foley catheter may be placed.
- Each of these items will be removed in clinic 1-2 days following surgery. Some men may be required to keep their drain and dressing for longer depending on circumstances.
- When you get home, please drink plenty of water. If you are hungry, please start with clear liquids (sports drinks are great for this) and light foods such as Jell-O, soup, or crackers. Avoid greasy or heavy foods.

1-2 Days After Surgery

- Please take your medications as prescribed. If you feel like your pain is not adequately addressed, please mention this at your appointment with the nurse.
- Once your drain is removed, **you may notice some swelling or black and blue bruising.** This is very common and is almost never a reason to worry. It may even increase slightly following drain removal and will almost always resolve before your 3-week post-op appointment.
- You should cover your drain site with a band-aid or similar adhesive dressing until it heals.
- Please bring your supportive underwear to this appointment. You will need to wear this for the first 3 weeks following surgery.

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One of the MOST IMPORTANT parts of your recovery starts after your drain, dressing, and catheter are removed. Every time you go the bathroom, you should grab the pump in your scrotum and pull down FIRMLY. This will be uncomfortable, but it will ensure that your pump heals in the correct position, and you get the best outcome possible.

If it isn't uncomfortable, you probably aren't pulling firmly enough. This is often best done LYING down in bed. There is no such thing as pulling too firmly, you won't break anything. This is often the most challenging part of recovery, but it is SO worth it!

Recovery Prior To Your 3 Week Post-Op Appointment

- You are free to take a shower 24 hours after your drain and dressing are removed. Please use sponge baths until this time.
- Do NOT take any baths or submerge your skin opening under water for at least 1 month after surgery.
- Your skin incision is closed with dissolvable stitches and glue. Please do not pick at it as the glue will flake off with time. Playing with your incision may increase your risk of infection. When you're allowed to shower, let water gently wash over this area. Do NOT scrub the area and please pat dry lightly.
- Please avoid lifting anything heavier than 10 pounds for the first 2 weeks following surgery.
- Please wear supportive underwear as much as possible. This will reduce your swelling and discomfort.
- You will need to apply ice packs for 20-minute intervals several times a day for the first 4-5 days following surgery to reduce swelling and discomfort. Re-using bags of frozen peas or is helpful for this.
- Please take your antibiotic as prescribed. This is very important. Please take your pain medication and stool softener as prescribed.
- Please abstain from all sexual contact until cleared by Dr. Box following your 3-week appointment. This includes masturbation.
- Please pull your pump down as instructed. This is very important.
- Many men will report a 'burning' or ache that's more pronounced in one testicle. This is a normal part of the healing process and will resolve with time.
- Please practice 'feeling' your pump. Compare this to your practice pump that you were given on your day of surgery. Try to locate your deactivation mechanism. The more familiar you are with your pump, the sooner you'll be able to return to sex after your 3-week post-op appointment!

Your 3 Week Post-Op Appointment

- Usually, most of the pain and swelling is gone. Your skin incision should be well-healed, but the tissue surrounding it may be slightly firm and puffy. This will feel like a 'healing ridge.' This is normal.
- Please bring your practice pump to this appointment.
- You will be seen in the office to see how you've healed and to review the inflate/deflate process. Some men are still slightly tender at this point, and it's perfectly fine to wait another week or two prior to trying to inflate or deflate the device. However, if you're able to inflate and deflate the device on your own, **YOU ARE FREE TO USE YOUR IMPLANT!!**

When To Call The Office Or Go To The Emergency Room

- Fortunately, complications with penile implant surgery in our practice are extremely rare. Keep an eye out for the following signs and symptoms below. We try to see our post-operative patients on a same day basis right after surgery if you have any concerns.
- Although your local Emergency Room may be closer, if you are feeling well enough to see us in the office, we always prefer to evaluate our patients 'in-person' rather than speak to another doctor over the phone who may not be familiar with penile implants.
- When in doubt, come see us in the office.
- Concerning symptoms include:
 - Fevers over 101 F (38.3 C) with shaking and chills.
 - Not able to urinate for 8 hours.
 - Having pain that is not controlled with your pain medication.
 - Increasing redness or pus from your incision.
 - Increasing redness or pain from the scrotum that gets worse with time.