

Education for Patients Undergoing Inflatable Penile Implant Placement



(405)-360-9966

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This document is meant to be a general education resource for patients undergoing inflatable penile implant placement and it applies to **most** patients in **most** situations. If you have been provided personalized instructions, please write these down on the bottom of this document and follow them.

Please read this document **in its entirety** as it will answer many common questions before and following penile implant surgery. An electronic version of this document is available at Norman Urology Associates website, <https://www.normanurology.com/male-health-and-erectile-dysfunction-procedures>.

A) 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. Foley catheter is left following surgery, this will be removed at the same time.
- **2 weeks Following Surgery:** Regular postoperative check. Your doctor will examine your incision and assess your comfort and proficiency with inflation and deflation of your implant.
- **6 weeks Following Surgery:** Regular postoperative check. Your doctor will ensure that you have healed properly and are ready to begin using your implant. Our office will see you once a month until you're a professional using your device!

B) Medications Following Surgery

- Our office will call in the medications you will need following surgery before your surgery date. Please pick up these medications as soon as they are available and **bring them with you** on your surgery date so you can review them with your doctor. Please inform our office if you have any kidney disease as this may change the medications we use.
- You should have been provided prescriptions for 5 different medications to take following surgery. These are:
 - Celecoxib 200mg (aka Celebrex)
 - An anti-inflammatory to reduce postoperative discomfort.
 - Please take 1 capsule once daily for the first month following surgery. You can increase to twice daily if needed.
 - This medication is very safe but is processed by the kidneys. As such, **if you have any sort of medical kidney disease please let our office know**. A different medication may be provided.
 - Acetaminophen 500mg (aka Tylenol)
 - Another anti-inflammatory to reduce postoperative discomfort.
 - Please take 2 tablets once every 6 hours for the first 2 weeks following surgery.
 - Can use an over-the-counter formulation if more cost effective.

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- Gabapentin 300mg (aka Neurontin)
 - A pain medication specifically designed to address nerve pain.
 - Please take 1 capsule every 8 hours only **AS NEEDED** for pain.
 - Can make you drowsy. Please do not drive or operate heavy machinery if taking this medication.
- Oxycodone 5mg
 - A narcotic pain medication to help with postoperative discomfort not controlled with the above medications.
 - Please take 1 tablet every 4 hours **AS NEEDED** for pain.
 - Please do not drive or operate heavy machinery if taking this medication.
- Doxycycline 100mg
 - Your postoperative antibiotic.
 - Please take 1 tablet twice daily for 5 days following surgery.
 - **This may reduce the chance of developing infection! It is very important that you do not forget this medication and take it as prescribed.**
- Please pick up Senna (aka Senokot) which is an over-the-counter laxative that can be purchased at any pharmacy. This will help prevent constipation which is common after any type of surgery and can contribute to postoperative discomfort. Take 1 tablet twice daily. Stop taking the medication if you develop loose stools.
- Please pick up an antibiotic wash known as Hibiclens to be used prior to surgery. We request that patient's use this to wash their entire body in the shower ONCE daily starting TWO days prior to surgery. Ignore warnings on the package regarding genitalia.

C) One Month Prior to Surgery

- Please arrange to take off approximately 1 week from work following surgery. You will be able to return to work after this week, but should not lift anything heavier than 10 pounds until 2 weeks following surgery.
- If your job is physically demanding, you may need to request 'light duty' for 2 weeks following surgery. If your job is very physically demanding (this includes firemen and police officers) you will require 'light duty' until 4 weeks following surgery.
- Many patient's (but not all) will be requested to attend a preoperative appointment to obtain surgical clearance.
- This is a standard appointment to check certain patients hearts and lungs prior to undergoing anesthesia. Some patients may be asked to see the cardiologist as well.
- If you have been asked to attend a preoperative appointment, **it is very important that you make this appointment.**

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- **If you miss a preoperative appointment your surgery date may have to be delayed or canceled.**
If you have an unexpected circumstance arise, please call Norman Urology Associates office as soon as possible.

D) One Week Prior to Surgery

- Please make sure that you arrange for transportation to and from the surgery center or hospital on your surgery day. You will also need to arrange for transportation to and from the clinic the day following surgery.
- Please make sure that you picked up your medications and make sure to bring them with you on your day of surgery. You should have 5 different medications.
- If you do not already own them, please purchase a jockstrap or tight fitting pair of underwear (baseball sliding shorts are excellent for this). Please bring these with you on your day of surgery.
- Please start using your **Hibiclens** wash that you purchased before surgery. You should use this once daily in the shower starting TWO days before your surgery date. This means she 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.** Some patients may remain on blood thinners if mandated by another physician, but this **MUST** be discussed with Dr. Jones explicitly prior to proceeding with surgery.

E) 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 surgery center or hospital:
 - Your medications (there should be 5)
 - A pair of tight fitting underwear
 - A pair of loose fitting clothing. The pajama pants with a comfortable T-shirt are a good option.
 - Your insurance card and personal identification.

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F) The Day of Surgery

- Please arrive at the surgery center or hospital as directed. This is typically at least 2 hours prior to your scheduled surgery start time. You will receive a phone call a few days before your surgery date from the location of your surgery with a specific arrival time.
- Bring with you the previously mentioned 4 items.
- After registration, you will be taken to the preoperative area and asked to change into a gown. Please remove all of 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.
- Your nurse will ask you a series of questions. You will have already discussed many of these questions with Dr. Jones and they may seem redundant. Please be patient. They are standard safety check that we ask all patients to complete prior to surgery.
- Your doctor will meet you in the preoperative 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:
 - A drain in your groin to reduce bruising and swelling. This will slowly pull away any postoperative fluid. Your nurse will teach you how to take care of this and record the drainage.
 - A special dressing wrapping the penis and scrotum. This will help reduce bruising and swelling as well.
 - Although not typically required, if you are unable You can expect anywhere between 100 cc (milliliters) to 150 cc (milliliters) of fluid to collect in the drainage bulb. It is very important to write down the drainage amount and bring this with you to your initial postoperative follow-up. This will help your surgeon determine if the drain can be removed.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.
- For the first 24 hours following surgery, please refrain from making important decisions, driving, or drinking alcohol.
- When you get home, please drink plenty of water. If you are hungry, please start with clear liquids and light foods such as Jell-O's or crackers. Avoid greasy or heavy foods.
- You may take her gabapentin or acetaminophen as needed for pain. Start your antibiotic and daily dose of your celecoxib the morning following surgery. Please start taking your Senna (aka Senokot) the evening of surgery

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G) 1-2 Days After Surgery

- Please arrive to Norman urology Associates clinic at your scheduled appointment time. If you do not have a scheduled appointment time, you may be instructed to arrive when the clinic opens at 8 AM. There are multiple clinic locations. **Please be sure to confirm which clinic location you are scheduled to be seen prior to arrival to avoid going to the wrong clinic location.**
- **Your follow-up appointment may be at a different clinic than your preoperative appointment.**
- You will need to record the amount of drainage from your surgical drain. You can expect anywhere between 100 cc (milliliters) to 150 cc (milliliters) of fluid to collect in the drainage bulb. It is very important to write down the drainage amount and bring this with you to your initial postoperative follow-up. This will help your surgeon determine if the drain can be removed.
- Once your drain is removed, you may notice some swelling or black and blue bruising. This is very common and is almost never reason to worry. It may even increase slightly following drain removal and will almost always resolve before your 2 week postop appointment. If you have any concerns, please call the clinic number at the top of this page.
- 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.

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

If it is not 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 will break anything. This is often the most challenging part of recovery, but it is worth it!

H) Recovery Prior To Your 2 Week Postop Appointment

- You are free to take a shower 48 hours after your drain, dressing, and catheter removal. Please use sponge baths until this time.
- Do not take any baths or submerge your skin opening under water for at least one month following surgery.
- Your skin opening is closed with staples. Please do not pick at the staples. Playing with your incision may increase your risk of infection. Your staples will be removed at your 2 week appointment. When you are allowed to shower, let water gently wash over this area. Do not scrub the area and please pat dry lightly.

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- Please avoid lifting anything heavier than 10 pounds for the first 2 weeks following surgery. You may return to work as previously instructed.
- Please wear the supportive underwear that you purchased prior to surgery as much as possible. This will reduce your swelling and discomfort.
- You will be given a 2 L bag of saline after your surgery. Please keep this on your incision for the first 24 hours after your surgery as much as possible for compression of incision. This will help reduce 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 as well. Reusing bags of frozen peas or corn is helpful as well.
- 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 your doctor following your postop appointment. This includes masturbation.
- Please pull your pump down as instructed. **This is very important.**
- Many men will report a 'burning' or ache that is 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 will be able to return to sex after your final postop appointment.

I) Your 2 Week Postop Appointment

- Usually, most of the pain and swelling has resolved. Your skin opening should be well-healed and the staples are usually ready to be removed. The surrounding tissue 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 we have healed and to review the endplate/deflate process. Some men are still slightly tender at this point, and it is perfectly fine to wait another week or 2 prior to trying to inflate her deflate the device.

J) Following Your 2 Week Postop Appointment

- You will be instructed to inflate your device for approximately 20 minutes twice per day and then deflate the device. This helps the healing process and helps ensure the best possible outcomes.
- If you are still too tender, please work on 'feeling' your pump to learn how it sits and wear your deactivation device is located. Compare this to your practice pump. We will see you back in the office at least once a month until you are professional.
- Perform deep-tissue massage in your pump area and at your incision. This will encourage your incision to begin softening.

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- You may stop regularly pulling down on your pump as it would be fixed in place at this point in time.
- Men with Peyronie's disease may be asked to complete additional exercises.

K) Your 6 Week Postop Appointment

- If you are comfortable using your implant, you may use it for sexual activity as you please. Start low and slow and gently worked your way back into things.
- Motivated patients should try to complete the following exercise at least TWICE daily:
 - Fully inflate your device using both thumbs until you can pump it anymore. Stretch your penis up, down, left, and right. Fully rotate 'around-the-clock'. Then try to see if you can get any more pumps in. Most men can. This means better girth and a larger more firm erection!

L) When To Call The Office Or Go To The Emergency Room

- Fortunately, complications with penile implant surgery in our practice are extremely rare. That being said, keep an eye out for the following signs and symptoms. We are always happy to see our postoperative patient is on a same day basis if you have any concerns about your surgery.
- Although your local emergency room may be closer, if you are feeling well enough to see us in the clinic, we always prefer to evaluate our patients 'in person' rather than speak to another doctor over the phone who may not be familiar with your penile implant.
- When in doubt, come see your doctor in clinic.
- Concerning symptoms include:
 - Fevers over 101 F (38.3 C) with shaking and chills
 - Not able to urinate for 8 hours following catheter removal
 - Having pain that is not controlled with your pain medication
 - Increasing redness or pus from your incisions
 - Increasing redness or pain from the scrotum that gets worse with time
 - Any allergic reaction to your prescribed medications such as hives, rash, nausea, or vomiting

Thank you for taking the time to read this important information! More information, including instructional videos and a copy of this document can be found on the Norman Urology Associates website, <https://www.normanurology.com/male-health-and-erectile-dysfunction-procedures>. You can always call our clinic at (405)-360-9966.

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Personalized Instructions: _____
