



Urology

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Pediatric Urology

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POST OPERATIVE INSTRUCTIONS

For the Internal Penile Pump

We will call you to schedule your post-operative appointment.

1. WOUND AND PENILE PUMP CARE

First of all, dress for comfort. Continue to wear the athletic supporter until you are examined at your post-operative appointment. Keep your incision clean and dry. The dressing should be removed 48 hours after the procedure. Apply ice packs (wrapped in a towel) over your penis and scrotum for the first 2-3 days. This helps to decrease the swelling and pain from surgery.

In the first week after the procedure, there will be swelling around the components of the internal penile pump. It is imperative that the penis be maintained in a straight position during this time. This will involve keeping the penis pointing towards the umbilicus (belly button) using the athletic supporter, which is provided to you at the end of the procedure. Doing this helps the penis heal normally.

A certain amount of fluid remains in the cylinders at all times. This is to prevent formation of scarring on a completely deflated cylinder. It is therefore normal for patients to feel that a partial erection is present. As swelling subsides, stretching of the penis will occur and the penis will eventually return to a more flaccid (soft) state.

It is normal to have bruises and discoloration of the scrotum and penis in the first 10 to 14 days of the surgery. Swelling of the penis and foreskin are also commonly observed. As healing occurs, pain will gradually subside. It is normal to have pain and discomfort when standing. While lying down, pain should gradually subside. It is **not normal** for the pain to increase after 5 to 7 days. Please call me at anytime if you feel that the pain is increasing in the post operative period.

2. BATHING

Start warm baths 7 days after surgery and take 2 to 3 warm baths a day. These should last approximately 10-15 minutes and will help reduce swelling and tenderness. Wash the incision with soap and water and pat it dry. Do not apply cream or ointment to the scrotum. Warm bath soaks are required for comfort, pain relief and tissue healing.

3. ACTIVITY

For the first 48 hours, please remain in bed in order to minimize swelling. You should walk for approximately 15 minutes 3 times a day. Also, you may get up to use the restroom and eat meals as needed. On the third day after surgery, please begin light to moderate activities and gradually increase movement as you feel better. You may return to work at your discretion, usually after 1 to 2 weeks.

4. MEDICATIONS

You will be sent home with several prescriptions as you are discharged from the hospital. Be sure to get these filled prior to going home. You may not experience any discomfort at the time of discharge, but it is not unusual

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for patients to have an increase in pain 3-5 days after surgery as your activity increases. Pain medication should be taken as needed for comfort. If a laxative is necessary, use a mild one such as Milk of Magnesia, Senekot, Metamucil or Fleet Enema. If you are on medications at home, you should resume them unless otherwise instructed by Dr. Myers.

5. DIET

There are no diet restrictions. However, we recommend balanced meals including foods that promote tissue healing, such as lean meats, green and yellow vegetables, citrus fruits, dairy products, and whole wheat breads and grains. If you are diabetic, return to your pre-operative recommended ADA diet. Constipation is usually experienced after a surgical procedure and is often due to pain medication. For that reason, we recommend that you start taking Colace twice daily, after the procedure.

6. GENERAL INFORMATION

You should make an appointment 10-14 days after for a post-operative check. At the end of the visit, you will be given an appointment in 4-6 weeks for instruction on use of the pump. You should be sexually functional within 4-8 weeks after the procedure.

To contact Dr. Myers, please refer to the following list of phone numbers.

During office hours, Monday-Friday, 9:00am – 5:00pm:

Portland Office (503) 223-6223
Vancouver Office (360) 696-4121

After office hours:

Dr. Myers answering service (503) 223-6223

Thank you.

Stanley Myers, M.D. and Staff