



## **POST OPERATIVE INSTRUCTIONS For the Penile Implant**

**Please call the office at (212) 535-6690 to schedule your first post-operative visit with Dr. Eid to remove the stitches 14 days following the procedure.**

### **1. GENERAL INFORMATION**

You should make an appointment 14 days after surgery in order to remove the stitches. At the end of the visit, you will be given an appointment in 3 to 6 weeks for instruction on use of the pump. You should be sexually functional within 3 to 8 weeks after the procedure.

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

During office hours, Monday-Friday, 9:00am – 5:00pm: (212) 535-6690

After office hours: Dr. Eid's cellular phone (917) 797-1012

If he is not in the operating room, you will receive a call back within 5-30 minutes. If you do not hear back from him, then your message was not received and you should call again or call the office number and an operator will page him.

### **2. 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 two full days after the procedure (surgical day does not count).

Please stay flat on your back for two full days starting on the day after the procedure. This will minimize swelling around the pump and will facilitate early use of the device. In the first week after the procedure, scar tissue will form around the entire 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.

A small 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.

Scar tissue will also form around the scrotal pump. Therefore, if the pump is pushed up into the scrotal sac (by sitting on the scrotum) during the first 2 days, the pump will permanently stay there. The pump will be more difficult to find, and the activation / deactivation of the device will be more challenging.

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 is also commonly observed. With hot baths, flat on your back, swelling will slowly disappear over a 10 to 14 day period. As healing occurs, pain will gradually subside. It is normal to have pain and discomfort when standing. In the supine position, pain should gradually subside. It is **not normal** for the pain to increase after 5 to 7 days. Please call me at any time if you feel that the pain is increasing in the post operative period.

### 3. BATHING

On the third day after the procedure, please start 2 to 3 hot baths a day (not showers). You should **lie down flat on your back** (this is not a sitz bath) in the bath tub with knees bent or legs up. Ideally the scrotal sac should be the highest part of the body in the water to facilitate the elimination of the swelling. These baths should last approximately 40 minutes and will help reduce inflammation, swelling and tenderness. Wash the incision with soap and water and pat it dry. Do not apply cream or ointment to the scrotum. Hot bath soaks are required for comfort, pain relief and tissue healing. If you do not have a bath tub, you may use an electric heating pad instead.

### 4. ACTIVITY

For the first two day, please remain in bed as much as possible in order to minimize swelling. You should walk for approximately 5 minutes 3 times a day. 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.

### 5. MEDICATIONS

You will be sent home with several prescriptions on your pre-op visit. Be sure to get these filled prior to the procedure. You may not experience any discomfort at the time of discharge, but it is not unusual 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. Eid.

### 6. 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, three days before the procedure.

Thank you.

J. Francois Eid, M.D. and Staff