

Inflatable Penile Implant Information Packet

CONGRATULATIONS! If you are reading this, you are either considering or have decided to proceed with a penile implant placement. This handout covers common questions and normal pre/post-operative instructions that can come up. Please keep in mind – this is only a GUIDE and should not replace any specific instructions that Dr. Pollard has provided you.

Pre-Op Planning

- Most men can return to work 1 week after surgery. Plan on taking at least a week off of work.
- Limitations after surgery include no heavy lifting greater than 10lbs for 2 weeks after surgery. If you lift at work, please arrange to be on light duty during recovery.
- All patients are scheduled a pre-operative medical clearance appointment – this is standard and will ensure that you are in good health before anesthesia/surgery. It is VERY important that you do not miss this appointment or your surgery may be delayed.
- **You must not take any medication containing aspirin or blood thinners at least a week before surgery. If you take blood thinners, check with your primary doctor before stopping them.**
- Medications will be sent to your pharmacy before surgery – these should be picked up before surgery.

Pre-Surgery Skin Cleansing

- You should wash your entire body with an antibiotic wash called Hibiclens once a day starting 3 days prior to surgery. Make sure to wash your genital area with this cleanse as well. There is a warning on the label, but it is perfectly safe to use and helps prevent infections after surgery. This can be purchased over the counter at your local drug store or WalMart.

Day of Surgery

- Do not eat or drink anything after midnight before your surgery! Necessary medications can be taken with a sip of water.
- Arrive early to the hospital as instructed. **Bring loose fitting clothes and your medications that you picked up from your pharmacy.**
- Antibiotics will be started before surgery, and you will be given medications to help minimize pain after surgery.
- Make sure you have a ride home after surgery.

After Surgery

- **Medications (make sure to have these before surgery)**
 - Acetaminophen 500mg: Take 2 tablets every 6 hours for 2 weeks and then as needed for pain.
 - Celecoxib 200mg: Take one tablet once a day for 30 days after surgery.
 - Gabapentin 300mg: Take one capsule every 8 hours as needed for pain.
 - Bactrim DS: **This is a very important antibiotic** – Take one tablet twice daily for 7 days after surgery.
 - Docusate 100mg: Take one capsule once or twice daily as needed for constipation.
 - If your pain is NOT controlled with the above regimen, we can provide you with a mild narcotic for pain control.

- **Day of Surgery**
 - You will be sent home with a special dressing wrapped around the penis and scrotum to help reduce swelling.
 - You will be sent home with a drain in the groin – this will remove any fluid from after surgery and prevent swelling.
 - If you cannot urinate after surgery, you may be sent home with a foley catheter.
 - You will be sent home with an information packet and a practice pump.
 - You may start taking gabapentin and acetaminophen for pain.
 - Drink plenty of fluids/water and avoid eating anything heavy. Start slowly when you feel hungry with clear liquids such as jello.
 - OK to apply ice packs over the dressing at home to help reduce swelling/pain.

- **Day 1-2 After Surgery**
 - Keep icing the scrotum to help reduce swelling.
 - You will follow up with Dr. Pollard at the Saint Thomas West office location.
 - Your drain will be removed in clinic 24-48 hours after surgery.
 - You will be instructed on how to pull the pump down in the scrotum in clinic – this is VERY important to make sure your pump stays in a good position!
 - You can shower starting 48 hours after your drain is removed. You may sponge bathe until that time. DO NOT bathe or submerge in water for 4 weeks after surgery. Keep the incision site clean and dry.
 - Bring an athletic supporter or tight underwear with you to your appointment – you will need to wear this after the dressing is removed.

- **Week 1-6 After Surgery**

- Gently pull down on your pump once daily in the shower to keep it in a good position until week 4 after surgery.
 - Feel the pump in your scrotum and compare it to the practice pump so you know where the release button is and how the pump sits in the scrotum.
 - NO sexual activity for 6 weeks after surgery. You will have a 3-week and 6-week follow up visit with Dr. Pollard.
 - Once you are comfortable using your implant, you should practice inflating and deflating it once a day.
- **Week 6 and beyond**
 - Once you are comfortable inflating/deflating the device and are cleared by Dr. Pollard, you may resume sexual activity with your new implant!
 - Be careful and gentle at first, as you may still be tender from surgery.
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**Problems to watch for and call Dr. Pollard: (615)-269-2655.
After hours, a physician is always available to answer calls. Do not
hesitate to contact the office ASAP if these issues arrive.**

- Temperature over 101 degrees.
- Worsening pain that is not improved with pain medication.
- Worsening redness around the incision or pus from the incision.
- Redness or swelling in the scrotum that is worsening.
- Inability to urinate.
- Heavy bleeding that soaks through dressings/clothes.