

Malleable Penile Prosthesis

Urologist: _____

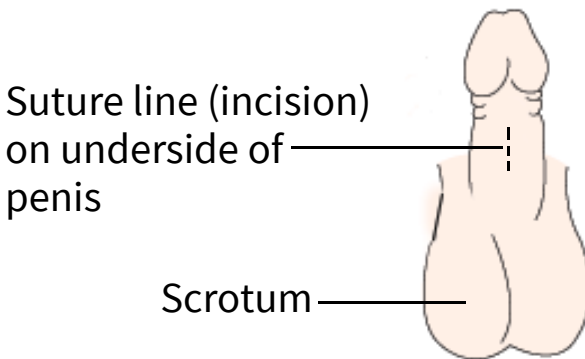
Clinic phone: _____

Malleable Penile Prosthesis

What is a malleable penile prosthesis?

- A penile prosthesis is a device that is put in your penis to bring back erectile function (an erection).
- You and your surgeon have chosen a malleable (also called semi rigid) penile prosthesis.
- A malleable prosthesis has 2 rods made of nickel and titanium that are covered with silicone. This prosthesis makes your penis hard, but bendable. You can move it into different positions for daily activities and into the erect position for sex.
- A small incision (cut) will be made on the underside of your penis.

Incision (cut) location



Getting ready for surgery

- For information about getting ready for surgery and what to expect, ask a member of your health care team for pamphlet 1395: *Planning for Your Hospital Stay After Surgery - Halifax Infirmary (HI), Victoria General (VG), Dartmouth General Hospital (DGH)*, scan the QR code below, or visit:
 - › www.nshealth.ca/patient-education-resources/1395

Scan the QR code below on your device (open the camera on your device, point the camera at the code, and tap the banner or border that appears)



After surgery

- This surgery can be done as an outpatient (you go home the same day) or as an inpatient (you stay in the hospital overnight).
- **If you are an inpatient:**
 - › You will have a catheter (a thin, hollow tube to drain urine [pee] from your bladder).

- You will have an intravenous (I.V.) in your arm. This will be used to give you fluids and/or medication. This is usually taken out the day after surgery.
- **If you are an outpatient:**
 - › You will spend time in the recovery room before being discharged.
 - › You may eat or drink as usual, unless you have nausea (upset stomach).
- You can get out of bed that evening. Ring your call bell for a nurse to help you get up the first time. **Do not** get up on your own. You can get up on your own the next day.
- Tell your nurse if you have pain. They will give you pain medication, as needed. Keeping your pain under control will help you to rest better and walk more easily.
 - › If you are an outpatient, you will be given a prescription for pain medication to take at home.
- You may take a shower 48 hours (2 days) after your surgery. **Do not** let water spray directly on your incision (cut).
- You may have a bath in 14 days (2 weeks), after the incision has fully healed.
- **It is important to keep the area around the incision clean.**

- You may have bruising and swelling around the incision. This is normal. It will get better over time.
 - › Wearing tight supportive underwear (like briefs or boxer briefs) can help with swelling.
- You will have stitches in the incision. These will dissolve (go away) on their own in about 10 to 14 days.

After discharge

For 30 days (1 month) after surgery:

- **Do not** masturbate or have sex.
- After 30 days, you may have sex when you feel ready. Each person's recovery is different.

For 14 days (2 weeks) after surgery:

- **Do not** lift anything heavier than 10 pounds.
- **Do not** do any strenuous (hard) activity (like shoveling, vacuuming, or sports).

For 7 days (1 week) after surgery:

- **Do not** drive.
- Only drive if you **are not** taking prescription pain medications and your pain is well controlled.

Medications

- Take all prescribed medications as told by your prescribing doctor (surgeon or primary health care provider).
- **Do not drink alcohol while taking pain medication.**



Going back to work

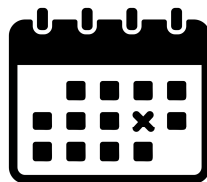
- When you can go back to work will depend on what type of work you do. Talk about this with your surgeon or primary health care provider.

Medical identification (I.D.) card

- After your surgery you will get a medical I.D. card that says you have a penile prosthesis. **Carry this card with you at all times.**

Follow-up

- You will get an appointment to see your surgeon 2 to 6 weeks after your surgery.



Call your primary health care provider or surgeon if you have:

- › A fever (temperature above 38 °C or 100.4 °F) and/or chills
- › Redness or swelling around the incision
- › Drainage (fluid) or bleeding from the incision
- › The edges of the incision come apart
- › Trouble peeing

If you cannot reach your primary health care provider or your surgeon, go to the nearest Emergency Department.

Notes:

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find all patient education resources here:
www.nshealth.ca/patient-education-resources

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

Prepared by: Department of Urology, Central Zone
Illustration by: LifeART Nursing 3 Images, Copyright © 1994,
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To be reviewed November 2028 or sooner, if needed.
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