

Inflatable Penile Implant Surgery

Dartmouth General Hospital, Victoria General Site

My surgeon: _____
Phone: _____

Inflatable Penile Implant Surgery

This pamphlet explains how to get ready for surgery, what will happen during your surgery, and what to expect while you recover. Please read the whole pamphlet.

There is space at the end to write down notes, questions for your health care team, or any special instructions your surgeon gives you.

How do I get ready for my surgery?

30 days (1 month) before your surgery:

- Plan to take 7 to 14 days (1 to 2 weeks) off from work after your surgery. Talk with your surgeon about when you can go back to work.
- You may have a pre-operative (pre-op) anesthesia assessment before your surgery. This appointment is to check your heart and lungs before you have anesthetic (medication to put you to sleep during surgery). **It is very important that you come to this appointment.**

If you miss your pre-op appointment, your surgery may be delayed or cancelled.

If you need to change or cancel your appointment, please call your surgeon's office:

› Phone: 902-425-3940, extension 4

1 week before your surgery:

- **Plan to have someone drive you to the hospital on the day of your surgery and pick you up after.**
- You will need supportive underwear (like a jock strap, tight-fitting underwear, or baseball sliding shorts) to wear after your surgery.

- We will send prescriptions for the medications you will need before your surgery to your pharmacy. These medications include:
 - › **Dexidin Detergent:** This is an antibiotic (medication to prevent infection) skin wash to use before your surgery.
Dexidin Detergent is also available over the counter. Not all pharmacies have it, but it is commonly available at the Halifax Infirmary Pharmacy.
 - › **Bactrim® (trimethoprim and sulfamethoxazole):** This is an antibiotic medication that is taken by mouth. If you are allergic to sulfa (one of the medications in Bactrim®), we will prescribe another medication instead.
- **Stop taking any medication that has ASA (Aspirin®), like:**
 - › Anacin®
 - › Pepto-Bismol®
 - › Excedrin®
- Talk with your primary health care provider (family doctor or nurse practitioner) or your anesthesiologist (a doctor who puts you to sleep for your surgery) before you stop taking these medications.
- **Tell the nurse or your anesthesiologist at your pre-op anesthesia assessment if you are taking any of these blood-thinning medications:**
 - › Coumadin® (warfarin)
 - › Eliquis®
 - › Plavix®
 - › Brilinta®
 - › Xarelto®

If you did not talk with the nurse or your anesthesiologist about this, please call your surgeon's office.

2 days before your surgery:

- Start taking Bactrim®:
 - › Take 1 Bactrim® tablet 2 times a day. Taking Bactrim® before your surgery can help lower your risk of infection.
- Start using Dexidin Detergent.
 - › Wash your genitals well with Dexidin Detergent in the shower once a day. You should use Dexidin Detergent 2 times in total before your surgery.
 - › The directions on the package may say not to use it on your genitals, but it is OK to.

Day before your surgery

- **Do not eat or drink anything after midnight the day before your surgery.** You can take medications as told by your surgeon with a small sip of water.

Day of your surgery

• Bring to the hospital:

- ☐ Your provincial health (MSI) card
- ☐ All of your medications (including prescription and over-the-counter products, inhalers, creams, eye drops, patches, herbal products, vitamins, and supplements) in their original containers
- ☐ Supportive underwear
- ☐ Loose-fitting clothes (like a sweatsuit or pyjamas) and comfortable shoes to wear home
 - › Tight fitting pants may be uncomfortable after surgery.

Please come to the Same Day Surgery Unit:

☐ **Dartmouth General, main level**

- **Arrive 2 hours before your scheduled surgery time** or as directed by your surgeon's office.
 - › If your surgery is scheduled for 7:30 a.m., please make sure you arrive by 6 a.m.
- Register at the Day Surgery Unit.

☐ **Victoria General, Victoria Building, 10th floor** (use the Dickson Building entrance if arriving before 6 a.m.)

- **Arrive _____ hours before your scheduled surgery time.**
 - › If your surgery is scheduled for 7:30 a.m., please make sure you arrive by 6 a.m.
- Take the Victoria Building elevator to the 10th floor, and follow the signs to the Registration area.

Pre-op area

- After you register, you will be taken to the pre-op area. This is where you will get ready for the Operating Room (O.R).
- Staff will give you a hospital gown to change into. Please remove all your clothes before putting on your gown.
- The pre-op nurse will talk with you as part of your pre-op assessment. They may ask you questions that you have already answered. They need to ask these questions to meet Nova Scotia Health's patient safety standards.
- Your surgeon will talk with you before you go into the O.R. They will ask you questions from a surgical safety checklist. You can also ask them any questions you may have.

After surgery

- You will wake up in the Post-Anesthesia Care Unit (PACU). Most patients recover from their anesthetic in this area.
- You will have:
 - › A catheter (thin, flexible tube) in your bladder to help you urinate (pee).
 - › A special dressing around your penis and scrotum. This will help lower bruising and swelling.

You or your support person can remove the dressing at home 48 hours (2 days) after your surgery. Your nurse will show you how to do this before you leave the hospital.

 - › A drain (a small, flexible plastic tube) near where the surgery was done. This is to drain fluid from the surgical site.

For the next 24 hours (1 day) after having anesthetic:

- **Do not** drive a car or use any heavy machinery.
- **Do not** drink alcohol.
- **Do not** care for others (including children).
- **Do not** sign any legal or important papers, or make any financial (money) decisions.



Before you leave the hospital:

- We will give you prescriptions for the medications you will take while you recover. Your health care team will talk with you about how and when to take these medications.
- We may give you a device called a **practice pump**. You can use it to help you learn how to use your implant.

After you leave the hospital

On the day of your surgery:

- Drink lots of water.
- If you feel hungry, start with clear liquids (like sports drinks) and light foods (like JELL-O® or crackers). Avoid greasy or heavy foods.

2 days after your surgery:

- Remove your dressing, catheter, and drain. Your nurse will show you how to do this before you leave the hospital.

Bathing

For the first 4 days after your surgery:

- **Do not** take a shower, have a bath, or put your incision (cut) underwater. You may take sponge baths during this time.
 - › **Do not** scrub or pick at your incision. This can raise your risk of infection.
 - › Pat your incision dry. **Do not** rub it.
- You may shower 2 days after your dressing, catheter, and drain are removed. Let water run gently over your incision. Pat your incision dry. **Do not** rub it.
- You may take a bath and put your incision underwater 14 days after your dressing, catheter, and drain are removed.

Managing pain

- To manage your pain after surgery:
 - › Take the medications you were prescribed before you left the hospital as told by your surgeon.
 - › Wear supportive underwear.
 - › Put an ice pack over your incision for 20 minutes at a time, 2 to 3 times a day. You can use bags of frozen peas or corn for this.

Medications

You will get a prescription for these medications before you leave the hospital:



- **Celecoxib** (Celebrex®): This is an anti-inflammatory medication. Anti-inflammatory medication helps lower swelling and pain.
 - › Take 1 tablet a day for the first 14 days after your surgery. You can take 2 tablets a day, if needed.
- **Acetaminophen** (Tylenol®): This is an anti-inflammatory medication.
 - › Take 2 tablets every 6 hours for the first 14 days after your surgery.
 - › You can also buy this over the counter. This costs less than the prescribed medication. Talk with your surgeon about this.
- **Gabapentin** (Neurontin®): This medication helps with nerve pain.
 - › Start taking it on the evening of your surgery.
 - › Take 1 capsule every 8 hours, as needed.
 - › **This medication can make you drowsy. Do not drive a car or operate heavy machinery while taking this medication.**
- **Docusate sodium** (like Colace®): This is a stool softener (medication to help you poop).
 - › Take 1 tablet, 2 times a day, as needed.
 - › You should have 1 to 2 solid stools (poops) each day. Stop taking this medication if you start having diarrhea (loose, watery poop).
- **Bactrim®**: This is an antibiotic.
 - › Take it for 5 days after your surgery.

Please talk with a member of your health care team about how and when to take these medications, if needed.

If you are in a lot of pain, or you find that your pain is not being managed well, call the Urology Clinic:

- › Phone: 902-425-3940, extension 4

We can prescribe stronger medications, if needed.

Wear supportive underwear.

- Keep using an icepack (see page 5).
- You may have a burning or aching feeling that is stronger in 1 testicle. This is normal. It will go away over time.

For 14 days after your surgery:

- **Do not** lift anything heavier than 10 pounds (like groceries, laundry). This includes children.
- Most of your pain and swelling will go away around 2 to 3 weeks after your surgery. Your incision should be well-healed, but the tissue around it may feel slightly firm. This is normal.

1st follow-up appointment

- You will have a follow-up appointment with your surgeon between 2 and 3 weeks after your surgery. At this appointment, your surgeon will:
 - › Check your incision
 - › Deflate your implant for the first time
 - › Show you how to use your implant
 - › Check if you can inflate and deflate your implant yourself
 - › Teach you how to practice cycling (inflating and deflating) your implant, if you are ready
- You may not be ready to cycle your implant yet. This is common. Many people will need more time to heal and learn how to use their implant.
- If you did not get a practice pump before leaving the hospital, your surgeon will give you it at this appointment.

Cycling your implant

- At first, it may be hard to cycle your implant and use the pump. It will get easier as you heal and get used to it.
- Try to inflate and deflate your implant at least 1 time a day.
- If you are still too sore to cycle your implant:
 - › Try feeling your pump to learn how it sits and where the deactivation device is. Talk with your surgeon at your follow-up appointment about how to do this.
 - › Compare this to your practice pump.

Exercises

- After your 1st follow-up appointment, try to do this exercise at least 2 times a day:
 1. Fully inflate your implant using both thumbs, until you cannot pump it anymore.
 2. Stretch your penis up, down, left, right, and in a circle. Then try to see if you can pump it up anymore.
- This exercise will give the implant better girth (thickness) and a bigger, firmer erection.

Note: If you have Peyronie's disease, your surgeon may ask you to do more exercises. They will explain them to you, if needed.

2nd follow-up appointment

- At your 2nd appointment, your surgeon will:
 - › Check your healing
 - › Check how comfortable you are cycling your implant
 - › Answer any questions you have
- If you are comfortable cycling your device, you are ready to start using your implant.

When can I have sex?

- You may start using your implant to have sex or masturbate when your surgeon says it is OK. This may be after your 1st or 2nd follow-up appointment.

When can I go back to work?

- Most people can go back to work 1 to 2 weeks after surgery. Talk with your surgeon about when you can go back to work.
- If you have a job with a lot of physical activity, talk with your employer about having **light duties** for your first 2 weeks back at work.
 - › If you have a job with a lot of **very intense** (hard) physical activity, you will need to be on light duties for your first 4 weeks after surgery.

Other follow-up appointments

- After your first 2 appointments, you will have 1 follow-up appointment every month until you are comfortable using your implant.

Risks

- Complications from this surgery are rare.

Call your surgeon's office at 902-425-3940 if you have any of these symptoms:

- › Temperature above 38 °C or 100.4 °F with shaking and chills
- › You cannot pee for 8 hours after your catheter is taken out
- › Pain that is not controlled with pain medication
- › Redness around your incision that is getting worse
- › Drainage (pus) coming from your incision that is getting worse
- › Pain in your scrotum that is getting worse
- › Redness around your scrotum that is getting worse
- › Hives, skin rash, nausea (upset stomach), or vomiting (throwing up) (this could be an allergic reaction to your prescribed medications)
- **If you cannot reach your surgeon, go to the nearest Emergency Department right away.**

Resources

- In this video, a urologist (specialist) explains how to pump up a penile implant.
 - › www.youtube.com/watch?v=YLchz0oR7LQ

Special instructions:

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