

## Patient Instructions for Artificial Urinary Sphincter (AUS)

### 1. Post-Surgery Care:

- **Rest and Recovery:** Avoid heavy lifting, strenuous activities, or sexual activity for at least 6 weeks following surgery to allow the area to heal properly.
- **Pain Management:** Take prescribed pain medications as directed. If you experience severe pain or discomfort, contact your healthcare provider.
- **Hygiene:** Keep the surgical area clean and dry. Gently wash the area with mild soap and water. Avoid scrubbing the incision sites. Follow your doctor's instructions for dressing changes if needed.

### 2. Device Functioning and Activation:

- **Initial Activation:** The device will usually be activated 6 weeks after surgery to allow tissue healing. Follow your doctor's guidance for when to begin using the device.
- **How the AUS Works:** The artificial sphincter consists of a cuff around the urethra, a pump placed in the scrotum, and a balloon inside the abdomen. To control urine flow, you must manually activate the pump to inflate and deflate the cuff.
- **Pump Use:** To activate the pump, gently press it for a few seconds. The cuff will inflate to stop urine flow, and when you want to urinate, press the pump again to deflate the cuff. Make sure the cuff is properly inflated when not using it to prevent leakage.

### 3. Monitoring and Adjusting:

- **Check for Proper Function:** Regularly check if the pump is working properly and if the cuff inflates and deflates without difficulty. If you notice any issues (e.g., difficulty activating the pump or urinary leakage), contact your urologist.
- **Avoid Overuse:** Only activate the pump when needed. Avoid over-inflating the cuff, as it may cause discomfort or damage to surrounding tissues.
- **Hydration:** Drink plenty of fluids to keep your urinary tract healthy. Avoid excessively caffeinated or alcoholic beverages, as they may irritate the bladder.

### 4. Signs of Complications:

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- **Infection or Pain:** Contact your healthcare provider if you experience redness, swelling, pain, or signs of infection around the surgical site, or if you develop a fever.
- **Urinary Issues:** If you experience new or increased incontinence, or if the device stops functioning (e.g., the cuff does not inflate/deflate), seek medical attention immediately.
- **Erosion or Discomfort:** If you feel pain, pressure, or notice a bulging in the scrotum or perineal area, inform your doctor, as this could indicate a problem with the device.

## 5. Follow-Up Appointments:

- Attend all scheduled follow-up appointments to ensure the device is functioning correctly and to address any concerns. Your urologist will monitor your recovery and the device's performance to ensure long-term success.

By adhering to these instructions, you can help ensure that your artificial urinary sphincter functions properly, improving your quality of life and managing incontinence effectively. If you have any questions or concerns, do not hesitate to contact your healthcare provider.

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