

## Post-op Penile Prosthesis Instructions

### Immediate Post-Surgery Instructions

1. **Rest and Recovery:**

- Rest as much as possible during the first few days following surgery.
- Avoid any strenuous activities and heavy lifting for several weeks.

2. **Wound Care:**

- Keep the surgical area clean and dry.
- Follow your doctor's instructions for changing dressings.
- Watch for signs of infection (redness, swelling, warmth, or discharge).

3. **Medications:**

- Take prescribed antibiotics to prevent infection.
- Use prescribed pain medication as directed to manage discomfort.

4. **Swelling and Bruising:**

- Swelling and bruising around the surgical site are normal. Apply ice packs to the area as instructed by your doctor.
- Wear snug but comfortable underwear or a jockstrap to support the area and reduce swelling.

### Activity Restrictions

1. **Physical Activity:**

- Avoid any sexual activity for at **least 4-6 weeks** or **until your doctor** gives you the all-clear.
- Limit physical activities and exercise for at **least 4-6 weeks**.

2. **Daily Activities:**

- Gradually resume normal activities, but avoid activities that may strain the surgical site.

### Follow-Up Care

1. **Doctor's Appointments:**

- Attend all scheduled follow-up appointments to monitor healing and address any concerns.
- Your doctor will give specific instructions **on when and how to begin using the prosthesis**.

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**2. Device Activation:**

- **Your doctor will instruct you on when it is safe to begin using the prosthesis, usually several weeks post-surgery.**

**Signs of Complications**

**1. Infection:**

- Be vigilant for signs of infection such as fever, increased pain, redness, swelling, or discharge from the surgical site.
- Contact your healthcare provider immediately if you notice any of these symptoms.

**2. Device Issues:**

- Report any difficulties with the device, such as pain during inflation or deflation, or if the device does not seem to function correctly.

**Long-Term Care**

**1. Hygiene:**

- Maintain good personal hygiene to prevent infection.

**2. Sexual Activity:**

- Discuss any concerns or difficulties with your healthcare provider.
- Seek counseling or support if you experience anxiety or stress related to sexual function or the prosthesis.

**Lifestyle Adjustments**

**1. Diet and Exercise:**

- Maintain a healthy diet and regular exercise routine as recommended by your doctor.
- Avoid smoking and excessive alcohol consumption as they can impair healing and overall health.

By following these post-operative instructions and maintaining close communication with your healthcare provider, you can ensure a smooth recovery and successful outcome with your penile prosthesis.

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