

PAUL E. PERITO, MD

Post-Operative Patient Care Instructions:

- 1) When making your travel reservations, do not plan to travel for at least 72 hours following surgery.
- 2) Plan for two full days of bed rest following surgery.
- 3) **NO LIFTING** items heavier than 1 gallon of milk for one week following surgery. No straining until advised by our team. **Do not ride a motorcycle /bicycle until you have been medically cleared to do so by our team.**
- 4) You will be released from the surgical center or hospital with a drain(s). Drain(s) removal will be scheduled in advance. Drains are routinely removed between 1 and 4 days. You will need to monitor and record outputs into the drain receptacle and empty it periodically. Please see MTP #86 for full instruction regarding drains. MTP #86 can be viewed at peritourology.com.
- 5) Apply ice packs several times a day in 20-minute intervals for the first two days following surgery if needed for symptomatic relief. Re-using frozen bags of peas or corn can be helpful. They should be placed between your legs close to the scrotum, but not adjacent to skin.
- 6) The day after your scrotal wrap falls off (scrotal wraps may fall off during the first two post operative days) or is removed by us, start pulling down on the pump in the scrotum every time you empty your bladder (if on dialysis, 5 times a day). Some individuals will have a wrap around the scrotum. This may make it difficult to feel the pump but attempt to access the area above the pump and pull down. If the scrotal dressing comes off do not attempt to reapply the dressing. Bandage will be removed at the time of the drain(s) removal for those that remain for two to three days after surgery. Your job is to keep the pump where it was placed. You will likely experience some soreness and swelling, but this is the most important part of your rehabilitation. Attempt to find the deflate tabs every time you pull down to expedite your return to sexual activity. This may take weeks so do not become frustrated.
- 7) Do NOT shower for the first 48 hours following surgery – sponge baths are acceptable. After 48 hours, you may use a “back shower”, not allowing direct water on the wound site although it may get wet. No direct water contact at the wound site for 5 days following surgery (7 days for diabetics). After the 5 days following surgery (7 days for diabetics) “front showers” may be soothing when using warm water.
- 8) During the first 48 hours the bandage may demonstrate blood stains. If you feel it is excessive, please contact Dr Perito. If the clear covering over the incision does not remain clean after your first post-operative visit you can remove it and replace it with any simple gauze dressing. The incision should be left to open air after 5 days. Once the drain is removed, the drain site can be covered with a Band-Aid.
- 9) You will have staples at the incision site. If you will not be in the Coral Gables area **10-14 days** after surgery for a follow-up visit and need to have the staples removed, you can have Dr. Perito’s office schedule a follow-up appointment at an appropriate facility near your home BEFORE leaving Coral Gables or have the staples removed by your local physician or at an urgent care center.

- 10) Narcotic pain medications given while in the hospital may cause constipation. Increase your water intake and consumption of fruits and vegetables high in fiber for relief. If your bowels don't move within three days after surgery, please contact our office for a fleets enema. Most patients not on anticoagulants will be given anti-inflammatories to relieve postoperative pain after they leave the hospital. These should be accompanied with food and lots of fluids.
- 11) Expect your penis, scrotum and the surrounding area to be **black and blue**. This is related to our local block to aid in your post-operative comfort. This can be immediate or delayed. Call Dr. Perito if you feel it is excessive.
- 12) You may have trouble urinating or find your stream is not of its usual strength. This may be due to anesthesia, constipation or underlying benign disease of the prostate. This usually resolves rapidly. Call Dr. Perito if you feel your symptoms are excessive.
- 13) Some patients may have a "burning" sensation on the skin surrounding the operative field. This is usually due to the antiseptics used to prepare our patients for surgery. A&D ointment, Arnica or Desinex cream should be soothing for this post-operative complaint.
- 14) **NO SEXUAL CONTACT IS PERMITTED UNTIL PERMISSION IS GRANTED BY PERITOUROLOGY.**
- 15) **When you return to normal sexual activity (which is usually between 3 and 6 weeks), cycling the implant for 2-5 minutes, 1 to 2 times a day, using the demonstrated exercise on MTP #57 is recommended to maximize your length and girth. MTP #57 can be viewed at peritourology.com**
- 16) **IF YOU ARE A DIABETIC, PLEASE TEXT PICTURES THE DAY AFTER SURGERY OF THE INCISION AND PENIS TO, 786-239-8768. Include your name.**

******AFTER YOUR PROCEDURE, PLEASE BE CAREFUL WHEN STANDING UP FROM A SEATED POSITION. STAND UP SLOWLY******