

## PERITO UROLOGY

### 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.
- 4) You may be released from the surgical center or hospital with a drain. You will have the drains removal scheduled in advance. Drains are routinely removed between 1 and 4 days. In the meantime, you will need to monitor and record the blood flow into the drain and empty it periodically.
- 5) You will need to apply ice packs several times a day in 20 minute intervals for the first 4-5 days following surgery. Re-using frozen bags of peas and corn is helpful. **After surgery you will notice significant swelling and bruising. This is normal post-operatively.**
- 6) You will need to keep the surgical site clean and dry. If the clear covering over the incision does not remain clean you can remove it and replace it with any simple gauze dressing. The incision can be left to open air after 5 days. Once the drain is removed, the drain site can be covered with a Band-Aid.
- 7) You may have staples at the incision site. If you will not be in the Coral Gables area within a week after your 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 with a trained urologist near your home BEFORE leaving Coral Gables or have the staples removed by your local physician or at an urgent care center.
- 8) Do NOT shower for the first 48 hours following surgery – sponge baths are OK. 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). **DO NOT** continue using hibiclens soap after surgery.
- 9) On the 5<sup>th</sup> day after surgery (7<sup>th</sup> day for diabetics), you'll begin a three-times a day routine of hot water in the shower directly to your penis followed by 20 minutes of ice packs.
- 10) Narcotic pain medications given while in the hospital may cause constipation. Increase your water intake and consumption of fruits and vegetables 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 surrounding area to be black and blue. This is related to our local block to aid in your post-operative comfort.
- 12) You may also 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.
- 13) The day after surgery start pulling down on the pump in the scrotum every time you empty your bladder. Your job is to keep the pump where it was placed. You will likely experience some soreness and swelling, but this is an important part of the process. Attempt to find the deflate tabs every time you pull down to expedite your return to sexual activity.
- 14) **NO SEXUAL CONTACT IS PERMITTED UNTIL PERMISSION IS GRANTED BY PHYSICIAN.**
- 15) **When you return to normal sexual activity (which is usually between 3 and 6 weeks), cycling the implant for 10 minutes 2 to 3 times a day for the first year is advised to maximize your length and girth.**

**IF YOU HAVE ANY QUESTIONS, CALL DR. PERITO AT THE NUMBER YOU WILL BE GIVEN DURING YOUR OFFICE VISIT.**