**Post-Penile Prosthesis Insertion Instructions**

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**Alliance Urology Specialists**

1. Some soreness and swelling should be expected, especially after the numbing medicine wears off.
2. Do not do any heavy lifting or strenuous activity for 4 weeks. This includes exercise and sexual activity.
3. Use an ice pack on the scrotum on for 20 minutes on and off for 20 minutes for 48 hours and then as needed thereafter. This will help minimize swelling.
4. It is OK to take a shower 2 days after the surgery. Avoid submerging yourself in water (bath tubs, swimming pools, hot tubs) until the incision is completely healed, which is typically around 3-4 weeks.
5. Keep your penis tucked “up” into your underwear. This is important for the first 3 months after surgery as you heal.
6. There are 3 different medications that you should take for pain, including 2 that I will prescribe. First, I will prescribe an anti-inflammatory medication (ketorolac or celecoxib) that you should use first. The next medication is extra strength Tylenol. The last is narcotic pain medication. Narcotic pain medication may cause nausea and constipation, so I only recommend taking this if needed.
7. You will be prescribed a 5-7 day course of an antibiotic to prevent an infection. Please take this until the medication is gone.
8. Your incisions are closed with sutures that will dissolve over the course of several weeks.
9. You should follow up with me in 4 weeks. Please call the office to schedule this if it has not been scheduled for you already.
10. If you have a fever > 101.5 degrees; significant, rapid swelling; uncontrollable pain, redness expanding on the skin from the incisions, pus draining from the incisions, or any other concerns call us at (336) 274-1114.