

## **Artificial Urinary Sphincter Post Op Instructions**

### **What should I expect?**

- Swelling or bruising of the penis and scrotum is **normal** and will improve over 2 weeks
- Wear tight fitting underwear for comfort as needed. This will help decrease swelling and pain.
- You may ice the scrotum after surgery to help with pain and swelling (20 minutes on, 20 minutes off). Make sure you have a layer of fabric between the scrotum and ice.
- Please pull downward on your scrotum to move your pump down and forward once per day. We recommend you do this in the shower. This will help the pump heal in an accessible location. Do not adjust the pump on your prosthetic. It will remain deflated until your follow up.

### **Medication Management:**

- You can obtain good pain relief by taking acetaminophen (Tylenol) every 4-6 hours as needed. Two 500 mg extra strength tablets can be taken every 6 hours for maximum benefit. Do not exceed 4000 mg acetaminophen per day.
- If you can take ibuprofen (Ex. Motrin, Advil) we recommend taking 600 mg of ibuprofen every 6 hours as needed.
- You may take both the acetaminophen and ibuprofen. The medications do not interact and are safe to take at the same time.
- Occasionally, you may require prescription narcotic medications to help with pain. Most men find they do not need much narcotic pain medication.
- If you are prescribed a narcotic medication, you may be given a prescription for a stool softener to prevent constipation. Stool softeners may also be purchased over the counter at the pharmacy (Ex. Colace, Milk of Magnesia, MiraLAX). You may take these as directed to prevent constipation. You should stop these medications if you have any diarrhea or loose bowel movements.
- You will also be prescribed an antibiotic. Please take this as directed until gone.
- You may restart the other medications you normally take at home unless otherwise directed.

### **When should I resume my blood-thinning medications?**

If you had been taking Coumadin, Plavix, Aspirin, or other blood thinners, you may resume those 2 days following the surgery unless otherwise directed by your physician.

### **Do I have any diet restrictions?**

There are no specific dietary restrictions.

### **Do I have any activity restrictions?**

- You should take it easy for 24 hours immediately after the procedure and increase your activity as tolerated.
- No heavy lifting greater than 30 lbs. for 4 weeks

Todd D Brandt MD  
tburology.com  
c2023

- You can shower as you normally would after the procedure. You may use regular soap and water and it is ok for your incisions to get wet but avoid heavy scrubbing. Pat your incisions dry gently after you shower.
- After showering, please put bacitracin or Neosporin or other antibiotic ointment on your incision daily for 5 days.
- Do not submerge your incisions for 2 weeks. No baths, pools, or hot tubs until your incision is healed.

### **What are my next steps?**

You will be scheduled for follow up in our clinic. Our first appt is 1-2 weeks after surgery. You will also have a follow-up appt made at about 6 weeks after surgery to activate your device.

### **When should I seek medical attention?**

- Fevers (greater than 101F)
- Inability to urinate
- Vomiting
- Chest pain or shortness of breath
- Heart palpitations
- Leg swelling
- Pain that is not well controlled by the medications provided to you
- **If you are having any of these issues, please visit your nearest Emergency Room.**

### **What number should I call?**

Our main office line at (651) 999-6800 is answered 24 hours a day, 7 days a week.