



AUS (artificial urinary sphincter) - IPP (inflatable penile prosthesis)
POST-OPERATIVE INSTRUCTIONS

What to Expect

- You may be able to go home a few hours after your procedure, but occasionally may require an overnight stay
- You will be given a prescription to control post-op pain. You may take Aleve or Ibuprofen for less severe pain or mild discomfort.
- You will have extensive discoloration or bruising around the surgical area, including the penis and scrotum. This will resolve as healing occurs
- You may use ice packs as needed to reduce post-op swelling and pain.
- You will return to the office 6 weeks post operatively to activate the artificial urinary sphincter and/or teach inflation and deflation of the prosthesis.
- You may experience fatigue and weakness for several weeks.

Activity

- Avoid strenuous exercise and heavy lifting (over 10 lbs.) for 4 weeks, lift nothing over 25# for an additional 2 weeks.
- It is important to wear a supportive jock strap or snug underwear and follow instructions of penile positioning after IPP surgery. The penis should be up towards the navel.
- If you feel heaviness or aching in the scrotal area and no signs of infection or fever, you may need to decrease your activity level and elevate your legs above the scrotum.
- Do not drive for 2 weeks; limit long car rides.
- Sexual intercourse can be resumed after 6 weeks.
- After 8 weeks you may ride bicycle, motorcycle or horseback with no restrictions.
- You may shower, but no tub baths or hot tubs until incision is healed.

Diet and Elimination

- Drink 8-10 glasses of fluid a day.
- Consume caffeine, alcohol, and spicy foods in moderation as they may irritate the bladder.
- Use a mild laxative or stool softener to avoid straining with bowel movements.

Call our office if:

- Fever over 101.5F
- Heavy bleeding or clots in the urine.
- Swelling of feet or legs, with or without shortness of breath.
- Increased or new redness, swelling, tenderness, or drainage from wound.
- Severe burning or pain with urination that is not improving.