

How should I prepare for my surgery?

1. Plan to wear loose clothing and loose underwear to be comfortable on the day of your procedure and to accommodate the post-operative surgical dressing
2. Stop shaving your genitals for 2 weeks before your scheduled surgery date.
3. Be aware that after the procedure your penis will be positioned upright against your lower belly in order to promote proper healing. This positioning of the penis may affect how you stand to urinate after the procedure.
4. Be aware that your implant may be partially inflated after surgery. Do not attempt to deflate it – this promotes proper healing and prevents scarring.

What are my care instructions after surgery?

1. You will receive a prescription for 7-14 days of antibiotics at discharge. Please be sure to complete the entire course of antibiotics.
2. Your penis will be positioned upright against your lower belly to promote proper healing. There will be a dressing that helps to keep it in place.
3. You will receive a limited amount of opioid pain medication after the procedure. Please take this as directed, especially for the first few days after surgery.
4. Please limit your activity until your follow-up visit, in order to promote faster healing.
5. Please avoid swimming or soaking in any pools, baths, hot tubs, etc. until your first follow-up visit (usually 14 days after surgery).
6. No sexual activity, intercourse or masturbation, we will discuss further at your first visit.

What does my postoperative timeline look like?

48 hours after your surgery

It is okay to shower and gently clean around the incision area.

7-10 days after your surgery –

Alternate anti-inflammatory medication such as ibuprofen with any remaining opioid pain medication (please see instructions for managing pain below).

14 days after your surgery –

You will have your first follow-up visit, where your provider will ensure you are healing properly.

6 weeks after your surgery –

You may be cleared for sexual activity by your care provider. At this time you will be examined to ensure full healing of the surgical site. If you are fully healed, you will be taught how to use the implant.

How will I manage my pain?

The best strategy for controlling your pain after surgery is **around the clock** pain control with Tylenol (acetaminophen) and Motrin (ibuprofen or Advil).

Alternating these medications with each other allows you to maximize your pain control. In addition to Tylenol and Motrin, you can use heating pads or ice packs on your incisions to help reduce your pain.

How will I alternate my regular strength over-the-counter pain medication?

You will take a dose of pain medication every 3 hours.

- Start by taking 650 mg of Tylenol (2 pills of 325 mg)
- 3 hours later take 600 mg of Motrin (3 pills of 200 mg)
- 3 hours after taking the Motrin take 650 mg of Tylenol
- 3 hours after that take 600 mg of Motrin.

See example - if your first dose of Tylenol is at 8:00 AM:

8:00 AM	Tylenol 650 mg (2 pills of 325 mg)
11:00 AM	Motrin 600 mg (3 pills of 200 mg)
2:00 PM	Tylenol 650 mg (2 pills of 325 mg)
5:00 PM	Motrin 600 mg (3 pills of 200 mg)
Continue alternating every 3 hours	

We recommend that you follow this schedule around-the-clock for at least 3 days after surgery, or until you feel that it is no longer needed. Use the table on the last page of this handout to keep track of the medications you are taking.

Important:
Do not take more than 3000mg of Tylenol or 3200mg of Motrin in a 24-hour

What if I still have pain?

If you have pain that is not controlled with the over-the-counter pain medications (Tylenol and Motrin or Advil) you might have what we call “breakthrough” pain. You will receive a prescription for a small amount of an opioid pain medication such as Oxycodone, Tramadol, or Tylenol with Codeine. Use these opioid pills in the first 24 hours after surgery if you have breakthrough pain. **Do not take more than 1 pill every 4-6 hours.**

If you still have uncontrolled pain after using all opioid pills, don’t hesitate to call our staff using the number provided. We will help make sure you are managing your pain in the best way possible, and if necessary, we can provide a prescription for additional pain medication.

Day 1					
Time	Name of Medication	Number of pills taken	Amount of Acetaminophen	Pain Level	Comments
AM PM					
AM PM					
AM PM					
AM PM					
AM PM					
AM PM					
AM PM					
AM PM					
Total Daily amount of Acetaminophen					
Do not take more than 3,000 mg per day					

Day 2					
Time	Name of Medication	Number of pills taken	Amount of Acetaminophen	Pain Level	Comments
AM PM					
AM PM					
AM PM					
AM PM					
AM PM					
AM PM					
AM PM					
AM PM					
Total Daily amount of Acetaminophen Do not take more than 3,000 mg per day					

Day 3					
Time	Name of Medication	Number of pills taken	Amount of Acetaminophen	Pain Level	Comments
AM PM					
AM PM					
AM PM					
AM PM					
AM PM					
AM PM					
AM PM					
AM PM					
Total Daily amount of Acetaminophen Do not take more than 3,000 mg per day					

Day 4					
Time	Name of Medication	Number of pills taken	Amount of Acetaminophen	Pain Level	Comments
AM PM					
AM PM					
AM PM					
AM PM					
AM PM					
AM PM					
AM PM					
AM PM					
Total Daily amount of Acetaminophen Do not take more than 3,000 mg per day					

Who do I call if I have questions about these instructions?

Please call (734) 936-7030.

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