

Penile prosthesis

The information here outlines what to expect during your recovery after surgery. Please remember that recovery rates vary for each individual.

If you have any questions or concerns, feel free to contact our office to speak with your urologist or one of our specialist urology nurses.

Return to normal activities

After a general anaesthetic – for the first 24 hours after a general anaesthetic or sedation you cannot:

- Drive a vehicle or operate machinery.
- Take sedating medications (such as sleeping tablets).
- Consume alcohol, smoke or vape, or use recreational drugs.
- Sign any contracts or legal documents.
- Exercise or lift heavy objects.

Around the house – you can return to normal activities around the house (such as walking around and using stairs) immediately after the operation. It is important to rest for the first week after the operation. You should rest with your feet elevated and don't spend prolonged periods of time on your feet.

You should continue to wear the calf compression stockings provided while you were in hospital to reduce your risk of blood clots. Please remember to take them home with you from the hospital. Please continue to wear the stockings until you return to normal levels of activity.

Diet – you can eat and drink normally immediately after the operation.

Work – you can return to sedentary work approximately two weeks after the operation. If your occupation involves physical work, please discuss this with your urologist prior to returning to work. Please contact our office if you need a medical certificate for work.

Driving – after 24 hours following your anaesthetic, you can return to driving when you feel you can comfortably perform an emergency stop (slam your foot down on the brake). For most people this will be approximately 4 weeks after the operation.

Exercise and strenuous activity – you can restart gentle exercise such as walks one week after the operation. You should avoid strenuous exercise and heavy lifting for at least six weeks after the operation.

Sex – you can resume sexual activity after you have been taught how to use your prosthesis and you feel comfortable doing so. For most people this will be at least 4 weeks after the operation. Do not have sex prior to your follow up appointment.

Wound care

You will be discharged from hospital with the prosthesis partially inflated (a partial erection). Your penis needs to stay upright (flat on your abdomen/pointing to your belly button) until the prosthesis is deflated. It can be tucked into the waistband of your underwear. It is important to leave it like this until you return for your appointment when you will be taught how to use the device. This will usually be 3 to 4 weeks after surgery.

It is very important to keep your scrotum supported and compressed for at least one week after the operation. At all times (day and night) wear a pair of tight fitting underwear or a jock strap over a pair of underwear.



Penile prosthesis

The wound will be covered with a waterproof dressing or waterproof glue. If there is a dressing over the wound it can be removed five days after the operation. If the dressing falls off earlier than this, it does not need to be replaced.

You can return to showering after discharge from the hospital. When showering, gently wash your wounds with warm soapy water and rinse the area thoroughly. Do not apply lotions or creams as these may cause irritation. Each day examine your wounds for any new redness or tenderness.

Do not go swimming or soak in the bath for at least two weeks after the operation.

The stitches in the wound are dissolvable and do not need to be removed.

It is normal to have a small amount of blood or blood-stained clear fluid ooze from the wound for a few days after the operation.

It is normal to have bruising and swelling of the scrotum, penis, and perineum after the operation. It will resolve after a few weeks.

Pain relief and other medications

For the first week after the operation use an ice pack (or bag of frozen peas) on the scrotum for 15 minutes at a time throughout the day.

After discharge from the hospital take paracetamol regularly (two 500mg tablets, four times per day) until you no longer have pain. You will also be given a supply of stronger pain relief to take if needed.

It is important to avoid constipation after the operation. Drinking plenty of water and taking a fibre supplement (such as Metamucil or Benefiber) can reduce your risk of constipation. If you are constipated, take Coloxyl with Senna (two tablets, twice per day), until your constipation resolves. If this isn't effective within 24 hours, take Movicol (one sachet, twice per day) in addition to the Coloxyl with Senna. Both Coloxyl with Senna and Movicol are available over the counter pharmacies.

If you were asked to stop any medications before your operation, please ask your urologist before restarting these medications. Otherwise, you should continue any regular medications you were taking before the operation.

Long distance travel and flights

Avoid unnecessary long-distance travel for the first four weeks after your operation. You will need a medical travel clearance form if you need to fly during your early post operative period.

For the first four weeks after your operation, wear your anti-embolic stockings if you are travelling for longer than one hour.

Follow up

If you need a follow up appointment, the appointment details will be in the paperwork you received before your operation, or our office will be in contact with an appointment time.

If you think you need a follow up appointment, but you haven't received an appointment time, please call our office to check.

When to seek attention

It is not normal to have any of the following during your recovery:

Penile prosthesis

- Fevers (temperature over 38°C), sweats or chills.
- Redness or tenderness at the incision site which is worsening.
- Profuse discharge from the wound.
- Difficulty or pain when passing urine.
- Severe pain, especially getting worse after surgery.
- Pain or swelling in your calf.
- Shortness of breath.
- Chest pain.

If you experience any of these symptoms, please phone our office, see your GP, or present to your nearest emergency department.

To speak with your urologist or one of our specialist urology nurses, phone 07 3830 3300 during business hours.

For urgent after-hours concerns, phone 07 3830 3333 to speak with our on-call urologist.

