

2014

Malleable Penile Prosthesis

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Your doctor has arranged for you to have a penile prosthesis. This device goes in your penis to restore erectile function (bring back your erections).

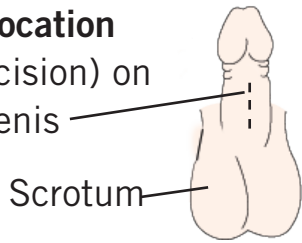
You will have a malleable prosthesis. It will have 2 rods. They are made of wire on the inside and covered with silicone. With this prosthesis, the penis is continually (always) erect.

Getting ready for surgery

Please read the pamphlet *Planning for Your Hospital Stay After Surgery*.

Incision (cut) location

Suture line (incision) on underside of penis



After surgery

- You may be in the hospital overnight.
- You will have an intravenous (IV) in your arm to give you fluid. This will usually be taken out the day after your surgery.
- When you get back from the Operating Room (OR), you will be able to drink or eat whatever you wish as long as you are not sick to your stomach.
- Later that evening, you will be able to get up with help. You will be getting up the next day on your own.
- Medications for pain will be available, just ask your nurse. We encourage you to take something for pain.

- Keeping the pain under control will help you to rest better and walk around more easily.
- You may take a shower the day after your surgery. Do not let the water pound on your penis or scrotum. You may have a bath in 10 days, after the incision (cut) has healed. It is important to keep the area clean.
- Your penis will be straight out to allow for urination (peeing). It will stay like this until movement is comfortable, usually in 2-5 days.
- It is normal to have some bruising and swelling. Over time this will get better.
- The stitches (sutures) will dissolve (go away) on their own in about 10 days.
- You may have a catheter (flexible tube) to drain your bladder. This will be taken out before you go home.

At home

- No heavy lifting for 1-2 weeks. You can lift up to 10 pounds, not more.
- You can drive a car after 1 week.
- You can have sex after about 1 month, when you feel ready.
- No strenuous (hard) activity (such as sports) for 2 weeks.
- Ask your doctor about going back to work. This will depend on your type of work.
- Take medication as prescribed by your doctor. **Do not drink alcohol while taking pain pills.**

- You may find boxer shorts more comfortable than briefs.
- You will get a medical identification card to explain that you have a penile prosthesis. **Carry this card with you at all times.**
- Your doctor will want to check you in 2-3 months.

Call your doctor right away if you have:

- Fever and/or chills.
- Redness, swelling of your incision, or your incision opens up.
- Drainage or bleeding from the incision.
- Trouble when you urinate (pee).

If you need to see a doctor, please contact your family doctor or go to the nearest Emergency Department unless otherwise instructed by your Urologist.

Looking for more health information?

Contact your local public library for books, videos, magazines, and other resources.

For more information go to <http://library.novascotia.ca>

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Capital Health, Nova Scotia

www.cdha.nshealth.ca

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If you have any questions, please ask your healthcare provider.