For men going home after surgery

Read this pamphlet to learn:

• How to take care of your wound
• What activities are safe to do
• What problems to watch for
• When to see your doctor again

You have had an anesthetic or narcotic medicine.

• Do not drive a car or drink alcohol for 24 hours.
• Have a responsible adult stay with you overnight.
What is a Nesbit procedure?
Nesbit procedure is usually done to correct a condition called Peyronies disease. This means there is a bending in the penis caused by abnormal lumps that form inside the penis.

What is a penile implant?
During penile implant a surgeon inserts a prosthesis (artificial device) to support the penis. This surgery is done to treat erectile dysfunction.

What can I eat and drink after my surgery?

You can eat and drink what you normally would.

• Slowly start by having fluids and soups on the day of the surgery. Then eat as you usually would the next day.

• If you feel nauseated (sick to your stomach) or you are vomiting, you can buy anti-nausea medicine such as Gravol. You can buy it from a pharmacy without a prescription. Follow the directions on the label or bottle.

• Keep drinking fluids until the nausea passes. Then slowly start to eat what you usually would.
How much activity is safe?

When you go home, rest on the first day. You should slowly increase your activity level.

For the first 6 weeks after your surgery:

- Do not carry anything heavy, for example: grocery bags, pets, or young children
- Do not do strenuous exercise, for example: no gardening, snow shovelling, jogging, golfing or skiing
- No swimming for 2 weeks
- Do not drive a car for 2 weeks
- Your surgeon will tell you when you can return to work, play sports and drive a car again

Can I have sex?

Do not have sex for 6 weeks.

When can I shower?

You can take a shower 48 hours after your surgery.

- Remove the bandage (dressing) carefully before you shower.
- If you have steri-strips under the bandage, leave them on while you shower. Pat the area dry with a clean towel when you’re done.
- Do not take baths for 2 weeks.
How do I take care of my wound?

- Always keep your bandage (dressing) clean and dry.
- Leave the bandage (dressing) on for the first 48 hours after your surgery.
- Remove the bandage 48 hours after your surgery. Do not put the bandage back on.
- **If you have steri-strips** (white strips), leave them on for 7 days and then gently remove them. If they start to peel off before 7 days, remove them and throw them away.
- **If you have stitches**, they will dissolve on their own.

How do I cope with my pain?

- Pain is normal after this surgery and should get better with time.
- We may give you a prescription for pain medicine. Take it to a pharmacy to get it filled and follow the directions on the bottle.
- Take the pain medicine prescribed to you as directed for the first day. Then gradually take less and less as your pain gets better.
- For mild discomfort you can take Tylenol Extra Strength. Follow the directions on the bottle.
What if I am constipated?

- Do not strain when you are having a bowel movement.
- Drink 6 to 8 glasses of water every day. Each glass should be about 8 ounces.
- Eat foods that are high in fibre like bran and fruits.
- If you have not had a bowel movement for 72 hours, take Milk of Magnesia by following the directions on the bottle. You can buy this from your pharmacy without a prescription.

Other medications

You may also receive a prescription for antibiotics. Take the prescription to a pharmacy to have it filled and follow the directions on the bottle. Take all the medications until completely finished. Do not stop taking them unless your doctor tells you differently.

If your skin gets red, itchy or you develop hives, stop taking the antibiotics and call your surgeon right away.
Problems to watch for

Call your surgeon, or go to the nearest hospital emergency department if these problems happen to you:

• A lot of pain that doesn’t get better when you take the prescribed pain medicine.
• A bloated feeling in your lower belly and you cannot urinate (pee) for 6 to 8 hours
• Bleeding that won’t stop
• Swelling
• Fever (temperature higher than 38 °C or 101 °F)
• Redness or yellow pus coming from the incision

Your follow-up appointment

If you do not already have a follow-up appointment, please call your surgeon’s office to make one.

☐ Dr. Elterman  Phone: 416 603 5033
   Main Wing  8th Floor (Room 317)

☐ Dr. Hassouna Phone: 416 603 5018
   Main Wing  8th Floor (Room 306)

☐ Dr. Radomski Phone: 416 603 5713
   Main Wing  8th Floor (Room 304)

Date: ________________________________

Time: ________________________________
Special instructions for you

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