



Center for Sexual & Urinary Function

Internal Penile Pump **Postoperative Instructions**

1. WOUND AND PENILE PUMP CARE

First of all, dress for comfort. Continue to wear the athletic supporter until you are examined at your post-operative appointment. Keep your incision clean and dry. The dressing should be removed 48 hours after the procedure.

In the first week after the procedure, scar tissue will form around the entire components of the internal penile pump. It is imperative that the penis be maintained in a straight position during this time. This will involve keeping the penis pointing towards the umbilicus (belly button) using the athletic supporter which is provided to you at the end of the procedure.

A certain amount of fluid remains in the cylinders at all times. This is to prevent formation of scarring on a completely deflated cylinder. It is therefore normal for patients to feel that a partial erection is present. As swelling subsides, stretching of the penis will occur and the penis will eventually return to a more flaccid (soft) state.

Scar tissue will also form around the scrotal pump. Therefore, if the pump is pushed up into the scrotal sac (by sitting on the scrotum) during the first 7 days, the pump will permanently stay there. The pump will be more difficult to find, and the activation / deactivation of the device will be more challenging.

It is normal to have bruises and discoloration of the scrotum and penis in the first 10 to 14 days of the surgery. Swelling of the penis and foreskin is also commonly observed. With warm baths, swelling will slowly disappear over a 10 to 14 day period. As healing occurs, pain will gradually subside. It is normal to have pain and discomfort when standing. In the supine position, pain should gradually subside. It is not normal for the pain to increase after 5 to 7 days. Please call me at anytime if you feel that the pain is increasing in the post operative period.



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2. BATHING

On the third day after the procedure, please start 2 to 3 warm baths a day (not showers). These should last approximately 20 minutes and will help reduce swelling and tenderness. Wash the incision with soap and water and pat it dry. Do not **apply cream** or ointment to the scrotum. Warm bath soaks are required for comfort, pain relief and tissue healing.

3. ACTIVITY

For first 48 hours, please remain in bed in order to minimize swelling. You should walk for approximately 15 minutes 3 times a day. On the third day after surgery, please begin light to **moderate activities and gradually increase movement** as you feel better. You may return to work at your discretion, usually after 1 to 2 weeks.

4. MEDICATIONS

You will be sent home with several prescriptions on your pre-op visit. Be sure to get these filled prior to the **procedure**. You may not experience any discomfort at the time of discharge, but it is not unusual for patients to have an increase in pain 35 days after surgery as your activity increases. Pain medication should be taken as needed for comfort. If a laxative is necessary, use a mild one such as **Milk of Magnesia, Senekot, Metamucil** or Fleet Enema. If you **are on medications** at home, **you should resume** them unless otherwise instructed by Dr. Niemczyk.

5. DIET

There are no diet restrictions. However, I recommend balanced meals including foods that promote tissue healing, such as lean meats, green and yellow vegetables, citrus fruits, dairy products, and whole wheat breads and grains. If you are diabetic, return to your pre-operative recommended ADA diet. **Constipation** is usually experienced after a surgical procedure and is often due to pain medication. For that reason, we recommend that you start taking Colace twice daily, three days before the procedure.

6. GENERAL INFORMATION

You should make an appointment 10-14 days after surgery in order to remove the stitches. **At the end of the visit, you will** be given an appointment in 4-6 weeks for instruction on use of the pump. You should be sexually functional within 4-8 weeks after the procedure.

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