**Dr. Terlecki’s Preoperative/Postoperative Instructions For**

**Insertion of Penile Prosthesis**

**Prior to surgery:**

1. For **TEN DAYS PRIOR** to surgery, no medications that thin the blood. These include aspirin and aspirin-containing products (e.g. Excedrin), ibuprofen (e.g. Advil, Motrin), naproxen (e.g. Aleve), Plavix, Fish Oil. Also try to avoid green tea. Some drugs like Coumadin, Xarelto, Pradaxa, and Eliquis can be held for **FIVE DAYS PRIOR**. For patients who use Coumadin (warfarin), the INR must be less than 1.4 on the morning of surgery.
2. For the three days leading up to surgery, shower daily with Hibiclens soap (pictured below and available over the counter at most drug stores) and scrub the genital area thoroughly.



**What to expect:**

1. Following surgery, you will be kept for **overnight observation** (although some patients may be sent home from recovery under special circumstances). There will be a temporary bladder catheter that is placed during surgery. Cool compresses may be applied to the scrotum following the operation.
2. Intravenous antibiotics will be given during your stay and additional oral antibiotics will be given upon discharge.
3. Pain medication will be given as needed both in the hospital & upon discharge.
4. Diet will be advanced as tolerated.
5. The implant is left either partially or fully inflated at the end of surgery. In the morning, the device is put back to a relaxed position by a member of our team after nursing has removed the urinary catheter.
6. Once you demonstrate that you can urinate following the removal of the catheter, you will be allowed to return home.

**While at home:**

1. Minor bruising and swelling can occur. Continue cool compresses (e.g. bag of frozen vegetables) to the scrotum as necessary.
2. Wear the provided athletic supporter.
3. Take the antibiotics as prescribed.
4. Avoid any agents that thin the blood for at least 48 hours after surgery. These include aspirin and aspirin-containing products (e.g. Excedrin), ibuprofen (e.g. Advil, Motrin), naproxen (e.g. Aleve), Plavix, Coumadin, Fish Oil.
5. You do not have any lifting restrictions and may advance activity as tolerated.
6. Showers are permitted starting 48 hours after surgery but NO baths, pools, or hot tubs for 4 weeks.

**Plan for follow-up:**

1. In most cases, you will be seen by our Nurse Practitioner **around 30 days** after your date of surgery to begin cycling the device.
2. You will be instructed to start cycling the device daily and to wait **2 more weeks** before using the penis for intercourse.
3. If you experience fever, drainage from the incision site, worsening swelling or discoloration, blood in the urine, or any other cause for concern, call the Urology Clinic (336-716-4131). If not during business hours, you may contact Wake Forest Baptist Medical Center and ask to speak to the Urology resident on call. Alternatively, you may go to the ER for evaluation.

**BLOOD THINNER POLICY**

As discussed at today’s appointment, you will be undergoing a procedure in which I would like you to be off of blood-thinning medications. Please discuss this with the medical provider responsible for instructing you on the use of this medication. This may be your **primary physician or a cardiologist**. Please have them provide you with a copy of clearance to hold your blood-thinning medication for the requested length of time and to also forward a copy to my office. If they are within our system, we can request the clearance to be sent electronically.

**STOP THESE MEDS TEN (10) DAYS PRIOR TO THE PROCEDURE:**

**Aspirin** (**ANY** dose)

**Ibuprofen** (e.g., Advil/Motrin)

**Naproxen** (e.g., Aleve)

**Meloxicam** (Mobic)

**Diclofenac** (Voltaren)

**Fish Oil**

**Plavix** (clopidogrel)

**STOP THESE MEDS FIVE (5) DAYS PRIOR TO THE PROCEDURE:**

**Coumadin (warfarin)**: INR must **be BELOW 1.4** on the morning of surgery.

**Eliquis**

**Pradaxa**

**Xarelto**

If you have any questions about this, please contact my office at 336-716-4131.

Sincerely,

Ryan P. Terlecki, MD

Wake Forest Baptist Health

Department of Urology