

## Artificial Urinary Sphincter Discharge Instructions

1. Your surgery went well.
2. Your sphincter is deactivated so you will leak just like before surgery until we activate it in 6 weeks.
3. You will experience:
  - a. Post op pain usually a 6-7 out of ten for the first day, decreasing to 1-3 over the next few days. Take your pain medication as needed. Don't be a hero. 1 to 2 tablets every 6 hours.
  - b. Swelling of your scrotum: It may swell the size of a grapefruit. Wear a scrotal supporter for comfort.
  - c. Bruising of the penis and scrotum. It will be all black and blue for the first week.
4. **Pull the pump down in your scrotum 3 times per day so that it heals in the right spot. This is very important!**
5. Eat lightly for the next 24 hours. The pain medication will cut your appetite. Drink fluids liberally.
6. The pain medication will tend to constipate you. To prevent this, start taking a tablespoon of mineral oil and milk of magnesia every evening. When your stools are loose then you may back off.
7. Don't do anything strenuous, and no heavy lifting (>10 lbs) for 6 weeks.
8. You may shower on post-op day 2.
9. Resume all your regular meds on post-op day 1.
10. You will be prescribed a prophylactic antibiotic for 7 days.
11. All your stitches are internal. They do not have to be removed.
12. Avoid aspirin for one week.
13. We want to see you in \_\_\_\_\_week(s). Please call 573-499-4990 for an appointment.