

Center for Reconstructive Urology

Peyronie's Disease Post-Operative Instructions

Following Peyronie's Disease surgery, your attention to proper post-operative follow-up will contribute to the success of your surgery. You are being provided with written instructions and information that addresses common questions and concerns. Please review this information at home.

Wound Care

- You will have a clear dressing covering your penis. In a way, the dressing is like cellophane tape as it is clear and sticky on one side. This dressing is maintained for 2-3 days to help prevent swelling. You will be instructed as to exactly when to gently peel off the dressing at home. Once the dressing is removed, you are encouraged to shower daily at home. The soap should be gently applied by hand and then rinsed. The suture line should be patted dry and not harshly wiped with the towel. Do not place antibiotic or other ointments or hydrogen peroxide on the suture line. The placement of these ointments to suture lines offers no benefit and may lead to premature dissolution of the sutures.
- The use of a scrotal support is advised with the placement of the penis in the upward position. This can be tight briefs or a "jock strap". The purpose is to provide gentle compression to the scrotum. This should be used for 2 weeks.
- Avoid immersion of the wound in water (baths, swimming pools, and hot tubs). In general, although showering is encouraged, immersion in water should only happen once the incision is completely healed and "watertight".
- Unless you have been instructed otherwise, all sutures at incision sites will eventually dissolve on their own. They will not have to be removed.
- Pay close attention to the condition of the incision and surrounding area. A hand held mirror may be helpful. There may be some swelling or ecchymosis (where the skin is "black and blue"). This is not a concern. What is of concern is a wound infection. Changes that suggest a possible wound infection are fever, increased swelling, creamy drainage between the sutures of the skin, or increased tenderness. In general, any swelling gradually improves. If there is any adverse change, please contact our office immediately.

Activities

- During the first 2-3 days after surgery, activity can lead to increased swelling. We advise that you remain home. It is suggested that you "pretend you are sick", and do what you would do when you are ill – such as spend time in bed and lounge on a couch and watch television. You are advised to refrain from any significant activity for 2 weeks. Many of our patients ask when they can be free from restrictions and when everything will be "healed". The process of wound healing after surgery really occurs over a period of months. There is no one day when things are healed. During the first couple of

weeks incisions require sutures to remain closed. After that time, the tissues generally remain together without the need for sutures, but the connection is weak and the strength of that connection increases over the next several months as the tissues then become softer and more supple. During the first 6 weeks after surgery, we suggest you avoid activities that stress the penis. Many patients ask about lifting. Perhaps that is because with other surgeries (eg. hernia) they are told not to lift. When a man has hernia surgery, the abdominal straining from lifting can affect that repair. However, the abdominal pressure from lifting is not transmitted to the penis, and so lifting is not a problem. However, running, riding a bicycle, or surfing would be problematic. Essentially, the goal is to protect the penis and scrotum from things that stress this area. If activity causes discomfort or swelling, then this is an indication that there should be less activity.

- Sexual activity can generally resume 6-7 weeks after surgery.

Medications

- Antibiotics are given intravenously just prior to surgery and while you are in the hospital over night. You may be given an antibiotic to take at home for several days after surgery.
- Pain medication will be provided and should be taken as needed.
- While in the hospital, you will have access to vials of a medication called Amyl Nitrate. Should you develop an erection at night that becomes painful, then inhaling this medication will often help the erection subside. You will be given vials of this medication to take home. Patients are often very concerned that erections will compromise the healing or cause tearing of the tissues and bleeding. Erections at night are normal and are not easily prevented. You should not be concerned about having erections at night as this is normal and may help to keep the tissues supple. The purpose of the medication is intended as a pain medication should the erections be painful soon after surgery. In general, this medication should not be refilled.
- There are no specific dietary restrictions.

Followup.

- After discharge, you will need to return in approximately 3-7 days for a post-operative visit for a wound check and assessment of your progress. .
- If you ever develop increasing pain, fever, increased redness or progressive swelling of the wound, contact our office immediately.
- If our office staff can ever be of any assistance to you in making appointments or other arrangements, feel free to call 714-456-2951.

In the event of an emergency, call the UC, Irvine page operator at 714-456-7890 and ask for the Urology resident on-call.