

San Buenaventura Urology

in association with Community Memorial Health System

MARC A. BEAGHLER, M.D. © SEYED M. KHODDAMI, M.D.

2705 Loma Vista Rd., Suite 206 • Ventura, CA 93003

• Phone: 805-643-4067 • Fax: 805-648-5612

Adult & Pediatric Urology

INSTRUCTIONS TO FOLLOW AT HOME AFTER DISCHARGE

Activity

- Avoid heavy lifting (greater than 5 pounds) or strenuous activity prior to your first follow up appointment. This causes increased abdominal pressure and puts stress on the incision. If you need to brace yourself to pick up an object - it is too heavy.
- It is highly recommended to avoid sexual activity prior to your follow up visit. Use of the prosthesis prior to proper healing of the incisions could cause incisional damage and potential damage to the prosthesis. At your first follow up visit, your doctor will inform you of when you'll be able to resume sexual activity.
- Do not drive any motorized vehicle, or sign legal documents if you are taking a narcotic pain medication. The medication may cause alteration in visual perception and impair judgment.
- Wear loose fitting briefs or shorts and avoid wearing clothing that is too tight.

Bathing

You may use the shower to bathe if you wish after 48 hours. Gently wash the incision with soap and water, rinse thoroughly, and pat dry. This will be sufficient to keep your incision clean, dry, and free of bacteria.

Diet

Return to your normal eating habits. A well balanced diet will promote healing. Drink fluids on a regular basis to ensure a regular voiding pattern.

SPECIAL CONSIDERATIONS

- Follow any special instructions your doctor has given you that is particular to the type of prosthesis you have, we advise the use of cool gel packs or frozen peas on and off the scrotum and penis for the first couple of days.
- If your scrotum is swollen, wear a scrotal support and when resting, elevate your scrotum on a towel roll.
- Avoid constipation. This will prevent unnecessary straining. To prevent constipation you can increase roughage in your diet, drink prune juice or orange juice, take milk of magnesia or some other over the counter laxative. Should constipation become a problem that is not relieved, call the office.
- Carry your prosthesis identification card in your wallet at all times.
- You will be given a Rx for antibiotics that you will take by mouth for one week after your surgery.

WHEN TO CALL YOUR DOCTOR

- You have increased scrotal or penile swelling
- There is drainage from your incision
- Your incision is red or swollen
- The area of skin around your incision is warmer than elsewhere
- You have difficulty passing your urine or starting a stream
- There is blood in your urine
- Nausea and vomiting occurs
- Severe pain that is not relieved by your pain medication
- You have chills or fever of 101 or more degrees

You will be given an appointment to return one week after your surgery. At this time is when the doctor will check your prosthesis and will then discuss with you, your return to sexual activity.