What to expect after your Penile Plication

ANESTHESIA INSTRUCTIONS:
During the first 24 hours following anesthesia:
1. You should NOT drive for the first 24 hours following your procedure.
2. You should NOT drink alcohol for the first 24 hours following your procedure.
3. You should NOT make any important decisions or sign any legal documents during the first 24 hours following your procedure.
4. You should start with a clear liquid diet and advance slowly as tolerated.
5. Experiencing sore throat, nausea and vomiting following sedation/anesthesia is NOT uncommon.

Penile plication is a surgical procedure done to straighten a curved penis. Resting as much as possible for the first 24 hours after your surgery will help lessen swelling and pain. Some swelling and discomfort is to be expected. During the first 24 hours, applying a cold pack on the groin for 20 minutes, then off for 20 minutes will help to decrease swelling. It is not uncommon to experience some bruising and burning with urination. You may also experience some blood in the urine.

Incision Care: Your dressing may consist of petroleum gauze strip may be placed over the incision and gauze wrapped gently around the shaft of the penis. A Coban dressing may also be wrapped snugly, not tightly, around the penis from just under the glans to the base.

Diet: Although there is no restriction, it is recommended that you start with clear liquids or something light and advance your diet as tolerated. Avoid spicy and greasy foods for the first 24 hours. Drink plenty of fluids to keep yourself hydrated.

Medicines: You may resume taking your routine medications except aspirin or other blood-thinner such as warfarin (Coumadin) or heparin. Your doctor will tell you when you can resume taking these medicines. Your doctor will prescribe a narcotic pain reliever. You should not drive or operate equipment while taking these medications. Narcotic medications should always be taken with food to decrease your risk of nausea. They can also cause constipation, to avoid getting constipated, you may want to take Metamucil, milk of magnesia, or use a stool softener. You can buy these at a drugstore without a prescription.

Bathing: Keep your wound dry for 2 days after surgery and resume showering after 48 hours. No tub bathing, swimming pool or hot tubs for at least 6 weeks. Applying an antibiotic ointment such as Bacitracin or Neosporin to your incision twice a day for 5 more days will prevent your underwear from sticking to your incision.

Activity: You can resume normal, light activity in 48 hours or when you feel better. Do not do activities that cause discomfort. Avoid strenuous exercise or heavy lifting for 7 days. After that, you can do all of your normal activities. Listen to your body. If an activity causes discomfort, slow down or stop and rest. Avoid all sexual activity, including masturbation, for 6 weeks.

Follow-up: A follow-up appointment in 1-2 weeks will be scheduled prior to being discharged today. If you need to change the appointment, please call the main number and speak with one of our schedulers.

When to Call:
Although complications after this procedure are rare. A small amount of bloody discharge and bruising
around the incision are normal. However, please call the office or go to the Emergency Room after hours if you:

- Have pain that is not controlled with your pain medicine
- Cannot urinate for more than 8 hours
- Have a fever higher than 101°F (38.3°C) and shaking or chills
- Have an allergic reaction such as hives or a rash to any drugs you are taking
- Are concerned about the amount of swelling, or if your incision site becomes red, painful, or has a pus-like drainage

Office phone 8 AM to 4 PM Weekdays - (410) 266-8049
After 4 pm, Weekends and Holidays - (443) 481-3003