

## About Your Surgery

### *Testis prosthesis*

*This handout explains how to prepare and what to expect after having testis prosthesis surgery.*

### How to Prepare

- Do not eat or drink anything after midnight the night before your surgery.
- If you have medicines that you must take in the morning before your surgery, take them with **only** a small sip of water.

### After Your Surgery

#### Precautions

For 24 hours after your surgery, do **not**:

- Drive.
- Use machinery.
- Eat any heavy or large meals. A heavy meal may be hard to digest.
- Eat spicy or greasy foods.
- Drink alcohol.
- Make important decisions. The anesthetics you received can make it hard to think clearly. They can take up to 24 hours to wear off.



*Please talk with your doctor if you have any questions or concerns about your surgery.*

#### Self-care

For the first 24 hours after your surgery:

- Rest. This will help reduce swelling.
- Apply cold packs (such as a bag of frozen peas) to your groin area to help reduce swelling:
  - Cover the area with a towel first. Do **not** place the cold pack directly on your skin.
  - Leave the cold pack on for 20 minutes, then off for 20 minutes for the first 24 hours after your procedure. Keep the area cool, **NOT** cold.

- Wear loose, comfortable clothing.
- Keep the incision area clean and dry.

### **Common Symptoms**

You may have discomfort after your surgery. These common symptoms do not require a doctor's attention:

- Bruising and discoloration of your scrotum and the base of your penis. This may take about 1 to 2 weeks to go away.
- Some swelling of your scrotum.
- Some thin, clear, pinkish fluid draining from the incision. This may last for a few days after surgery.
- If you received general anesthesia, you may have a sore throat, nausea, constipation, or body aches. These symptoms should go away within 48 hours.

### **Diet**

- After surgery, start with clear liquids or something light. Slowly add your usual foods to your diet, as you are able to handle them.
- Make sure you drink plenty of water to keep hydrated.

### **Pain Medicine**

- For moderate pain, take the pain medicine your doctor prescribed. Many doctors prescribe Vicodin, which contains acetaminophen and a prescription pain reliever. If you are taking Vicodin, always take it with food in your stomach so that you do not get nauseated.
- Do **not** drive while you are taking prescription pain medicine.
- You can take acetaminophen (Tylenol) or ibuprofen (Advil, Motrin) for mild discomfort.
- **Do not take acetaminophen while you are taking Vicodin.** If you are given pain medicine other than Vicodin, ask your doctor or nurse if it is safe to take acetaminophen while you are taking your prescription pain medicine.
- Take the antibiotic as prescribed for 5 days.

### **Day After Surgery**

- Call the Men's Health Center at 206-598-6358 to make a follow-up appointment in 1 to 2 weeks if you have not already done so.
- Your pain and swelling may be worse today than yesterday. Keep using cold packs until 24 hours after your surgery.

- Expect a small amount of bloody discharge from your incisions.
- You may get bruising around your incision site, scrotum, and on your penis. This is normal.
- Remove **all** dressings from inside the athletic supporter 24 hours after your surgery.
- Keep wearing the athletic supporter for 1 week.
- You can shower after you remove the dressings. Make sure to dry the incision area gently but completely.

## After the 2nd Day

- You may resume normal, **light** activity 24 hours after your surgery, or when you feel better.
- Avoid heavy exercise or heavy lifting for 7 days. After that, you can return to your normal activities. Let your body be your guide. If what you are doing is causing discomfort, slow down or stop and rest.
- Avoid all sexual activity, including masturbation, for 1 week.
- Your incision will be closed with sutures. These will dissolve and do not need to be removed. It may take 2 to 3 weeks for them to dissolve all the way.
- The incision may also be sealed with glue, which will begin to “flake off” after a few days.
- You may return to work when you feel comfortable enough to do so.

## Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns.

Men’s Health Center:  
206-598-6358

Weekdays from 8 a.m. to  
5 p.m.

After hours and on weekends  
or holidays, call this same  
number or go to the  
Emergency Room.

Find more information at:  
<http://depts.washington.edu/uroweb>

## When to Call Your Doctor

- Call your doctor if you have:
  - Fever higher than 101°F (38.3°C)
  - Shaking and chills
  - Nausea and vomiting
  - Allergic reactions to the drugs, such as hives, rash, nausea, or vomiting
- Some bloody discharge from the incision is normal. If the incision site becomes red, painful, or pulls apart, call the Men’s Health Center.
- Bruising around the incision site is normal, but if the amount of swelling concerns you, call the Men’s Health Center.

If you are concerned about any of these symptoms, or if you have other symptoms that bother you, please call the Men’s Health Center. If you need attention after business hours, go directly to the Emergency Room.