

After Your Surgery

Adult frenuloplasty

This handout explains what an adult man can expect after having frenuloplasty surgery.

The Day of Surgery

You may want to wear briefs instead of boxer shorts on the day of your surgery. Briefs will give you support and hold your penis in one position. This will reduce friction and make you more comfortable after your surgery.

What to Expect After Surgery

- It is normal to have bruising and some mild bleeding from your incision.
- It is normal to have swelling around the incision, especially just behind the *glans* (head) of your penis.
- You may have pain or burning when you urinate. You may also have trouble starting to urinate. These symptoms should get better with time. It will help to drink plenty of fluids.
- While you are healing, erections may cause pain. To reduce nocturnal erections:
 - Empty your bladder before going to bed.
 - Get up to urinate at least once during the night. Do this until your stitches dissolve.
 - It may help to lie on your side with your knees bent.



Drink plenty of fluids after your surgery to help your body recover (see “Fluids and Food” on page 2).

Precautions

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

- Drive.
- Use machinery.
- Drink alcohol.

- Eat heavy or large meals for at least 24 hours after your surgery. A heavy meal may be hard to digest. Also avoid spicy and greasy foods.
- Make important decisions. The anesthesia you received can make it hard to think clearly. It can take up to 24 hours to wear off.

Fluids and Food

- Make sure you drink plenty of fluids so that you stay hydrated.
- When you feel like eating, start with clear liquids or light foods.
- Start eating your normal foods slowly, as you can handle them.

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. This will help prevent nausea.
- Do **not** drive while you are taking prescription pain medicine.
- For mild discomfort, take acetaminophen (Tylenol) or ibuprofen (Advil, Motrin).
- **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.

Self-care

For the first 24 hours after your surgery:

- Rest. This will help reduce swelling.
- Apply a cold pack (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.
 - Apply the pack for 20 minutes and then remove it for 20 minutes. Repeat this 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.

Day After Surgery

- Call the Men's Health Center (206.598.6358) to make a follow-up appointment in 1 to 2 weeks if you have not already done so.

- Check the head of your penis. If it is numb or looks blue, your dressing (bandage) may be too tight. Take the dressing off, and put it back on a little looser.
- Keep your wound clean and dry for 48 hours after surgery.
- You may have bruising and some bloody discharge at the incision site.
- Your pain and swelling may be worse today than it was yesterday.
- You may still have some problems urinating.
- Your bandage may have dried blood on it.

After the 2nd Day

- Remove the dressing after 48 hours. After you remove your dressing, you may shower. Dry the incision area gently but completely.
- Avoid strenuous exercise or heavy lifting for 7 days. After that, you can begin to do all of your normal activities. Let discomfort be your guide. If something feels uncomfortable, slow down or stop and rest.
- You may return to work when you feel comfortable doing so.
- Avoid all sexual activity, including masturbation, for 4 weeks.

When to Call Your Doctor or Clinic

In the 2 weeks after your surgery, call your doctor if you have:

- Fever higher than 101°F (38.3°C)
- Shaking and chills
- Nausea and vomiting
- Hives or a rash

Call the Men's Health Center at 206.598.6358 if:

- Your incision becomes red or painful or it opens up
- The amount of swelling concerns you
- You have other concerns that cannot wait until your follow-up visit

If you have serious concerns and it is after normal clinic hours, please go directly to the Emergency Room.

Questions?

Your questions are important. Call your doctor or healthcare 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.

For more information, visit
[http://depts.washington.edu/
uroweb](http://depts.washington.edu/uroweb).