

What You Need to Know

Penile plication surgery

This handout explains how to prepare and what to expect after penile plication, which is surgery to straighten a curved penis. If you have any questions before or after the operation, call the Men's Health Center at 206-598-6358.

How to Prepare

- Arrange for a responsible adult to drive you home after your surgery.
- Do not eat or drink anything after midnight the day before your surgery.
- If you need to take medicines in the morning before your surgery, take them with only a small sip of water.
- Wear loose and comfortable clothing on the day of your surgery.

After Surgery

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

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



After your surgery, drink plenty of fluids to help your body recover.

Food

- Start with clear liquids or something light.
- Drink plenty of fluids so you stay hydrated.
- Avoid spicy and greasy foods.
- Progress to your normal diet as you are able to handle it.

Follow-up Visit

- 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.

Self-care

- Rest as much as possible for the first 24 hours after your surgery. This will help lessen swelling.
- To lessen swelling, use cold packs (such as a bag of frozen peas) on your groin area:
 - Cover the area with a clean 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. Keep doing this for the first 24 hours after your procedure. Keep the area cool, **not** cold.
 - Keep a cold pack in a cooler beside your bedside. Discomfort may be the worst at night, because of strong erections.

Common Symptoms

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

- Bruising and some mild bleeding from your incision site
- Bruising and pain at the injection or IV (*intravenous*) site
- Pain and burning when you urinate
- Pink urine
- Trouble starting to urinate
- Painful erections

If you received general anesthesia, you may have a sore throat, nausea, constipation, or body aches. These symptoms should go away within 48 hours.

Medicines

- Do **not** take aspirin or other blood-thinner medicines such as warfarin (Coumadin) or heparin. Your doctor will tell you when you can resume taking these medicines.
- You may resume taking the rest of your usual medicines.
- 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 so that you do not get nauseated.
- **Do not drive** while you are taking prescription pain medicines. It is not safe. These medicines can affect your ability to respond quickly.

- Prescription pain medicine may cause constipation, itching, nausea, and dizziness.
- 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.
- 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.

Day After Surgery

- Pain and swelling may be worse today than they were yesterday.
- You may still have pain and burning when you urinate. It may be hard to start urinating.
- A small amount of bloody discharge from your incision is normal.
- Your bandage may have dried blood on it.
- Keep your wound dry for 2 days after surgery. You may clean yourself with a damp washcloth. If you want to take a shower, cover your wound with a condom or a small plastic bag. Be sure to leave the yellow gauze on.
- To reduce swelling, keep using cold packs on your scrotum (see instructions in the “Self-care” section on page 2). After 24 hours, stop using the cold packs.

2nd Day After Surgery

- Your penis may be more swollen or bruised than it was yesterday.
- Leave the yellow gauze on until you shower 2 days after surgery. If the gauze dressing sticks to your penis, get the gauze wet in the shower and it will come off more easily.
- After you remove the yellow gauze:
 - You can shower daily.
 - Apply antibiotic ointment such as bacitracin, Neosporin, or Polysporin to your wound twice a day for 5 more days.
- You can resume normal, light activity in 48 hours or when you feel better. Do not do activities that cause discomfort.

After 1 Week

- 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.
- You may return to work when you feel comfortable enough to do so.
- Do not take a bath, sit in a hot tub, or go swimming for 6 weeks.
- Your wound may be red, or it may open a little for 3 to 4 weeks. This is normal.
- Your incision will be closed with stitches. These do not need to be removed. They will dissolve in about 2 to 3 weeks.

When to Call the Clinic

Complications after this procedure are rare. A small amount of bloody discharge and bruising around the incision are normal.

Call the Men's Health Center during business hours, 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 nausea and vomiting
- 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

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>