

This document is meant to be a general educational resource for Dr. Tatem's patients undergoing inflatable penile implant placement and its guidance will apply to most patients in most situations. If Dr. Tatem provides personalized instructions, please write these down on the bottom of this document and follow them.

Please read this document in its entirety as it will answer many common questions before and following penile implant surgery. An electronic copy of this document is available at Dr. Tatem's website, www.MensHealthIN.com/patient-information.

A) Post-Op Schedule Summary

- **1-2 Days Following Surgery:** Follow-up in the office for removal of your dressing and drain. Some men may be requested to keep their dressing and drain for longer depending on their unique situation.
- **3 Weeks Following Surgery:** Regular post-operative check. Dr. Tatem or a member of his team will examine your incision and assess your comfort and proficiency with inflation and deflation of your implant.
 - **If you're able to safely and comfortably inflate and deflate your implant, you are ready to use your implant!!**
 - If you aren't quite ready to use your implant yet, DO NOT WORRY! Many patients may require more time to heal and learn how to work their implant.
- **Once A Month Following Your Post-Op Check:** If you aren't ready to use your implant at your above 3-week post-op visit or desire further teaching, our office will see you once a month until you're a professional at using your device.

B) Medications Following Surgery

- Our office will call in the medications you will need following surgery approximately 1 week before your surgery date. Please pick these up as soon as they are available and **bring them with you** on your surgery date so you can review them with Dr. Tatem. Please inform our office if you have any sort of kidney disease, as this may change the medications we use.
- Depending on your insurance, the pharmacy may state that a 'prior authorization' is required prior to filling your prescription. **Our office does NOT submit prior authorizations for these medications.** If your pharmacy tells you this, please download the smartphone app 'GoodRx' (www.GoodRX.com) and use the provided coupon for an affordable cash price. Your pharmacy can help you with this process. You may need to ask your pharmacy to send the script to a different pharmacy to get the best price (Meijer is typically the cheapest).

- Dr. Tatem's office strongly believes in a **non-narcotic** approach to pain management following penile implant surgery. Narcotics (such as Norco or Percocet) can lead to constipation, breathing problems, and addiction.
- Fortunately, the medications you will be given (along with practical measures such as supportive underwear and intermittent icing) have been PROVEN to provide EXCELLENT pain relief!!
- If you still feel like your pain is poorly controlled despite practical measures and the below medications, please call our office and we will provide you with a script for a 'non-narcotic narcotic' known as tramadol (aka Ultram).
- You should have been provided prescriptions for 5 different medications to take following surgery. These are:
 1. Celecoxib 200 mg (aka Celebrex)
 - An anti-inflammatory to reduce post-operative discomfort.
 - Please take 1 capsule once daily for the first month following surgery. Can increase to twice daily if needed.
 - This medication is very safe, but is processed by the kidneys. As such, **if you have any sort of medical kidney disease please let our office know**. A different medication may be provided.
 2. Acetaminophen 500 mg (aka Tylenol)
 - Another anti-inflammatory to reduce post-operative discomfort.
 - Please take 2 tablets once every 6 hours for the first 2 weeks following surgery.
 - Can use an over-the-counter formulation if more cost-effective.
 3. Gabapentin 300 mg (aka Neurontin)
 - A pain medication specifically designed to address nerve pain.
 - Please take 1 capsule every 8 hours only AS NEEDED for pain.
 - Can make you drowsy. Please do not drive or operate heavy machinery if you take this medication.
 4. Trimethoprim 160 mg / Sulfamethoxazole 800 mg (aka Bactrim DS)
 - Your post-operative antibiotic.
 - Please take 1 tablet twice daily for 1 week following surgery.
 - **This may reduce the chance of developing infection! It is very important that you not forget this medication and take it as prescribed.**
 - If you are allergic to medications containing sulfa, a different antibiotic will be prescribed.
 5. Docusate sodium 100 mg (aka Colace)

- A stool softener. Constipation is common after any type of surgery and can contribute to post-operative discomfort.
- Please take 1 capsule twice daily as needed for constipation.
- You should have 1-2 formed stool each day. Please stop taking this medication if you develop loose stools.
- You will also be provided with a prescription for an antibiotic wash known as **Hibiclens** to be used prior to surgery. Dr. Tatem requests that patients use this to wash their entire body in the shower **ONCE** daily starting **TWO** days prior to surgery. Ignore warnings on the package regarding genitalia.

C) One Month Prior To Surgery

- Please arrange to take off approximately 1 week from work following surgery. You will be able to return to work after this week, but should not lift anything heavier than 10 pounds until 2 weeks following surgery.
- If your job is physically demanding, you may need to request 'light duty' until 2 weeks following surgery. If your job is **VERY** physically demanding (this includes firemen and police officers) you will require 'light duty' until 4 weeks following surgery.
- Most patients will be requested to attend a pre-operative appointment to obtain surgical clearance.
- This is a standard appointment to check patients' hearts and lungs prior to undergoing anesthesia. Some patients may be asked to see their cardiologist as well.
- If you have asked to attend a pre-operative appointment, **it is very important that you make this appointment.**
- **If you miss your pre-operative appointment your surgery date may have to be delayed or cancelled.**
- If you have an unexpected circumstance arise, please call Dr. Tatem's surgery scheduler.
- If you have to cancel or reschedule your surgery date **less than 2 weeks** before your scheduled surgery day, this will be counted as a 'missed appointment.'
- **Our office has a strict policy that, after 2 missed pre-operative appointments or surgery dates, we will be unable to perform your surgery. When you miss or cancel an appointment without adequate notice, this takes a spot away from another patient who desires surgery.**

D) One Week Prior To Surgery

- Please make sure that you arrange for transportation to and from the hospital on your surgery day. You will also need to arrange for transportation to and from the clinic the day following surgery.
- Please make sure that you have picked up your medications and make sure to bring them with you on your surgery day. You should have 5 different medications and the .
- If you do not already own them, **please purchase a jock strap or tight fitting pair of underwear (baseball sliding shorts are excellent for this, <https://amzn.to/34H865Q>).** These can be purchased at the provided Amazon link or at any sports supply store. Please bring these with you on your surgery date.
- Please start using your **Hibiclens** wash that you purchased at your local pharmacy. You should use this ONCE daily in the shower starting TWO days before your surgery date. This means you should have exactly TWO showers with **Hibiclens** prior to your surgery. Please make sure to clean your genitalia thoroughly!!
- With the approval of your primary care physician and / or cardiologist:
 - **STOP ALL ASPIRIN CONTAINING MEDICATIONS** (ex. Anacin, Excedrin, Pepto-Bismol). Check any cold or pain medication bottles to make certain they do not contain aspirin.
 - **STOP ANY BLOOD THINNING MEDICATIONS SUCH AS: WARFARIN, COUMADIN, PLAVIX, XARELTO, ELIQUIS, BRILINTA, OR EFFIENT.** Some patients may remain on blood thinners if mandated by another physician, but this MUST be discussed with Dr. Tatem explicitly prior to proceeding with surgery.

E) The Day Before Surgery

- **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT THE DAY BEFORE YOUR SURGERY.** If you need to take any medications, please do so with a small sip of water.
- Please make sure you have the following items ready to bring with you to the hospital:
 1. Your medications (there should be 5)
 2. A pair of tight-fitting underwear
 3. A pair of LOOSE-fitting clothing. Pajama pants with a comfortable t-shirt are a good option.
 4. Your insurance card and personal identification

F) The Day Of Surgery!!

- Please arrive at the hospital at least 2 hours prior to your scheduled surgery start time.
- Bring with you the previously mentioned 4 items.

- After registration, you will be taken to the pre-operative area and asked to change into a gown. Please remove all of your clothing prior to putting on your gown.
- Your nurse will start an IV to give you a special combination of antibiotics to reduce your risk of infection.
- You will be given some of the same oral medications you were prescribed prior to surgery. This will reduce your discomfort immediately following surgery.
- Your nurse will ask you a series of questions. You will have already discussed many of these with Dr. Tatem and they may seem redundant. Please be patient. They are a standard safety check that we ask all patients to complete prior to surgery.
- Dr. Tatem will meet you in the pre-operative area to complete some final paperwork and give you the opportunity to ask any final questions prior to surgery.
- You will be given a 'practice pump' that you will use to help learn how to use your device following surgery. Try not to lose this! Please give this to your partner or place it with your belongings.
- Following surgery, you will have:
 1. A drain in your groin to reduce bruising and swelling. This will slowly pull away any post-operative fluid. Your nurse will teach you how to take care of this and record the drainage.
 2. A special dressing wrapping the penis and scrotum. This will help reduce bruising and swelling as well.
 3. Although not typically required, if you are unable to empty your bladder in the recovery room or if certain circumstances require it, a foley catheter may be placed.
- Each of these items will be removed in clinic 1-2 days following surgery. Some men may be required to keep their drain and dressing for longer depending on circumstances.
- For the first 24 hours following surgery, please refrain from making important decisions, driving, or drinking alcohol.
- When you get home, please drink plenty of water. If you are hungry, please start with clear liquids (sports drinks are great for this) and light foods such as jello or crackers. Avoid greasy or heavy foods.
- You may take your gabapentin or acetaminophen as needed for pain. Start your antibiotic and daily dose of your celecoxib the morning following surgery. Please start taking your docusate the evening of surgery.

G) 1-2 Days After Surgery

- Please arrive to the Men's Health Center at your scheduled appointment time. If you do not have a scheduled appointment time, Dr. Tatem may instruct you to arrive when the clinic opens at 8 AM. The Men's Health Center is located at:

11380 Illinois St
Second Floor
Carmel, IN 46032

- Dr. Tatem sees patients throughout the Indianapolis area, but all drain, dressing and catheter removals are performed at the Men's Health Center.
- If you saw Dr. Tatem at a different clinic, do NOT return to this same clinic for this appointment as you'll be instructed to drive to the address above.
- Please take your medications as prescribed. If you feel like your pain is not adequately addressed, please mention this at your appointment.
- Once your drain is removed, you may notice some swelling or black and blue bruising. This is very common and is almost never a reason to worry. It may even increase slightly following drain removal and will almost always resolve before your 3-week post-op appointment. If you have any concerns, please call the clinic number at the top of this page.
- You should cover your drain site with a band-aid or similar adhesive dressing until it heals.
- Please bring your supportive underwear to this appointment. You will need to wear this for the first 3 weeks following surgery.

H) Recovery Prior To Your 3 Week Post-Op Appointment

- You are free to take a shower 48 hours after your drain, dressing, and catheter removal. Please use sponge baths until this time.
- Do NOT take any baths or submerge your skin opening under water for at least 1 month following surgery.
- Your skin opening is closed with dissolvable stitches and glue. Please do not pick at it as the glue will flake off with time. Playing with your incision may increase your risk of infection. When you're allowed to shower, let water gently wash over this area. Do NOT scrub the area and please pat dry lightly.
- Please avoid lifting anything heavier than 10 pounds for the first 2 weeks following surgery. You may return to work as previously instructed.

- Please wear the supportive underwear that you purchased prior to surgery as much as possible. This will reduce your swelling and discomfort.
- You will need to apply ice packs for 20-minute intervals several times a day for the first 4-5 days following surgery to reduce swelling and discomfort. Re-using bags of frozen peas or corn is helpful for this.
- Please take your antibiotic as prescribed. This is very important. Please take your pain medication and stool softener as prescribed.
- Please abstain from all sexual contact until cleared by Dr. Tatem following your 3-week appointment. This includes masturbation.
- Many men will report a 'burning' or ache that's more pronounced in one testicle. This is a normal part of the healing process and will resolve with time.
- Please practice 'feeling' your pump. Compare this to your practice pump that you were given on your day of surgery. Try to locate your deactivation mechanism. The more familiar you are with your pump, the sooner you'll be able to return to sex after your 3-week post-op appointment.
- If you are experiencing significant itching following surgery, it is permissible to use an over-the-counter topical hydrocortisone cream on affected areas **EXCEPT FOR THE INCISION.** Please do not apply any creams or ointments to the incision or stitches under any circumstances.

I) Your 3 Week Post-Op Appointment

- Usually, most of the pain and swelling is gone. Your skin-opening should be well-healed, but the tissue surrounding it may be slightly firm and puffy. This will feel like a 'healing ridge.' This is normal.
- Please bring your practice pump to this appointment.
- You will be seen in the office to see how you've healed and to review the inflate/deflate process. Some men are still slightly tender at this point, and it's perfectly fine to wait another week or two prior to trying to inflate or deflate the device. However, if you're able to inflate and deflate the device on your own, **YOU ARE FREE TO USE YOUR IMPLANT!!**

J) Following Your 3 Week Post-Op Appointment

- If you are comfortable using your implant, you may use it for sexual activity as you please. Start low and slow and gently work your way back into things.

- If you're still too tender, please work on 'feeling' your pump to learn how it sits and where your deactivation device is located. Compare this to your practice pump. We will see you back in the office at least once a month until you're a professional.
- We strongly encourage all of our patients to inflate and deflate their implant at least once daily. This keeps the internal mechanics of the device functioning as designed.
- Motivated patients should try to complete the following exercises at least TWICE daily:
 - Fully inflate your device using both thumbs until you can't pump it any more. Stretch your penis up, down, left and right. Fully rotate 'around-the-clock'. Then try to see if you can get any more pumps in. Most men can. This means better girth and a larger, more firm erection!
- Men with Peyronie's disease may be asked to complete additional exercises at Dr. Tatem's direction.

K) When To Call The Office Or Go To The Emergency Room

- Fortunately, complications with penile implant surgery in our practice are extremely rare. That being said, keep an eye out for the following signs and symptoms. We are always happy to see our post-operative patients on a same day basis if you have any concerns about your surgery.
- Although your local Emergency Room may be closer, if you are feeling well enough to see us in the clinic, we always prefer to evaluate our patients 'in-person' rather than speak to another doctor over the phone who may not be familiar with penile implants.
- When in doubt, come see Dr. Tatem in clinic.
- Concerning symptoms include:
 - Fevers over 101 F (38.3 C) with shaking and chills.
 - Not able to urinate for 8 hours following catheter removal.
 - Having pain that is not controlled with your pain medication.
 - Increasing redness or pus from your incision.
 - Increasing redness or pain from the scrotum that gets worse with time.
 - Any allergic reaction to your prescribed medications such as hives, rash, nausea, or vomiting.

Thank you for taking the time to read this important information! More information, including instructional videos and a copy of this document, can be found on Dr. Tatem's practice website www.MensHealthIN.com. You can always call our clinic at (317) 564-5104.

Personalized Instructions: _____