Contact details
PA Mr Ralph/Christopher
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Clinical Nurse Practitioners (CNP)
Mobile: 07852 219921
07852 168167
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3456 7890
Website: www.uclh.nhs.uk

Out of hours, please contact your GP or nearest Accident & Emergency Department.

Where can I get more information?
NHS Direct
Website: www.nhsdirect.nhs.uk

UCL Hospitals cannot accept responsibility for information provided by external organisations.

If you need a large print, audio or translated copy of this document, please contact us on 0845 155 5000 or 020 3456 7890, ext 79190. We will try our best to meet your needs.
Follow-up appointment

An outpatient appointment is required two to three weeks after surgery. The clinical nurse practitioner will start to teach you how to inflate and deflate your prosthesis. However, any scrotal swelling may make it difficult to use the pump. A new appointment will be made for you to come back to start inflating when the swelling has subsided enough to allow you to inflate the prosthesis.

You will continue to be followed up on a regular basis. You nurse practitioner and surgeon will discuss this with you and give you more details.

After care

To ensure healing and minimize complications you must not do any heavy lifting (nothing heavier than a full kettle of water) for two weeks. You must not have sex for six weeks following surgery.

If you experience:

- Persistent bleeding
- Pain which is not controlled by the prescribed painkillers.
- A fever of 100 °F (38 °C) or higher
- You have swelling, redness and/or discharge from the wound

Contact the clinical practitioners or your medical team via the numbers overleaf. Out of hours, please contact your GP or nearest Accident & Emergency Department.

What to expect following surgery

Your prosthesis will be deflated the day after your surgery (unless the consultant states otherwise). You should not attempt to inflate it until you are reviewed in clinic two weeks after discharge. Please ensure you keep the area free from infection (see advice below). Please inform the team immediately if you develop a temperature or redness/discharge from the wound site. You will be discharged with a five to seven day course of antibiotics.

You may experience “auto-inflation” of your implant. This happens when the prosthesis inflates spontaneously without being activated. This is normal and may be due to some pressure on the pump from walking or sitting. If this occurs please let your Clinical Nurse Practitioner (CNP) know.

What to expect when you get home

Dressings

Keep your wound clean and dry. You will be discharged with a dry pad which is held in place by your pants. If possible keep your penis elevated against your abdomen using supportive underwear. A brief shower daily can help the healing; however do not soak for long periods, and do not use soap directly on the wound. Dry the wound thoroughly by patting gently with a piece of gauze. Do not rub the area.

You may develop some bruising of the penis and scrotum. This is normal and wearing supportive underwear is recommended for your comfort.

Bleeding

You should not experience any major bleeding. It is normal for there to be a spot of blood or slight ooze on the dressing. This can be stopped by applying pressure to the area. Use a clean piece of gauze and press firmly on the wound site for about 10 minutes.

If bleeding does not stop, seek medical advice.

Pain

You may experience some discomfort following your operation. Please take your painkillers regularly as prescribed on the packet. Do not exceed the stated dose. This discomfort will improve over time but may take weeks to fully disappear.

Stitches

Your stitches are dissolvable and do not need to be removed. It is normal for them to take several weeks to dissolve.

Returning to work

You will require at least two weeks off work. If you require a sick certificate, please ask the medical team.

If you have had pelvic surgery in the past you may have an additional incision on your abdomen. This is covered by a dry dressing for a few days before leaving the area exposed to the air.

Please do not touch your wounds with your hands unless you have washed them thoroughly to prevent spread of infection.

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