

This document is meant to be a general educational resource for Dr. Tatem's patients undergoing penile reconstructive surgery 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 scrotal surgery. An electronic copy of this document is available at Dr. Tatem's website, <https://indymenshealth.com/patient-information/>.

### A) 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.
- 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](http://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 (Kroger is typically the cheapest).
- Dr. Tatem's office strongly believes in a **non-narcotic** approach to pain management following penile reconstructive 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 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 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. Cephalexin 500 mg (aka Keflex)
  - Your post-operative antibiotic.
  - Please take 1 tablet twice daily for several days 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 cephalosporins, 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.
- For men undergoing penile plication or circumcision, we also recommend picking up the over-the-counter medication pseudoephedrine. It is normal for men to experience spontaneous erections. These can be uncomfortable while recovering from these surgeries. Taking pseudoephedrine can help limit these. Although it may interfere with some men's sleep, we typically recommend take one of the 120 mg long acting tablets once every 12 hours if uncomfortable erections are an issue. <https://bit.ly/32v3TVE>
- For men undergoing plaque excision and grafting, we do NOT recommend taking pseudoephedrine. Instead, we will be providing another prescription medication known as daily low-dose tadalafil 5 mg (aka Cialis). This is to enhance erectile recovery following surgery. More details regarding this recovery program are provided later in this document. **If you are taking any sort of nitrate containing medication please let**

**our office know!** Examples of these medications include sublingual nitroglycerin tablets for chest pain and isosorbide mononitrate for blood pressure. Combining these medications with daily tadalafil is extremely dangerous and your recovery program will need to be adjusted accordingly.

## **B) 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.
- Some patients (but not all) will be requested to attend a pre-operative appointment to obtain surgical clearance.
- This is an appointment to check certain 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. Her extension can be reached by calling the clinic number at the top of the page.

## **C) One Week Prior To Surgery**

- Please make sure that you arrange for transportation to and from the hospital on your surgery day.
- 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 in addition to the recommended over-the-counter pseudoephedrine 120 mg tablets.
- 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.
- 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.

#### **D) 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
- **If possible, please try to shave your genitals, groin and pubic region the night before surgery with shaving cream. The razors used in the OR can cause significant itching after surgery and shaving yourself in the shower can reduce this.**

#### **E) 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.
- You will be given some of the same oral medications you were prescribed prior to surgery. This will reduce your discomfort immediately following 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.
- Following surgery, you will notice a brown compressive wrap around your penis. This is to reduce swelling and bruising. Please remove this wrap in the shower 3 days following surgery.
- 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. You will not need to start your antibiotic or take another dose of your celecoxib until the following morning. Please start taking your docusate the evening of surgery.
- For men who have undergone circumcision or penile plication, we recommend taking the previously mentioned over-the-counter long-acting pseudoephedrine 120 mg tablets once every 12 hours as needed for painful erections.

## **F) Recovery Prior To Your 2 Week Post-Op Appointment**

- Please take your medications as prescribed. If you feel like your pain is not adequately addressed, please call our office at (317) 564-5104.
- Please remove your brown compressive dressing in the shower 3 days following surgery.
- 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 over the next several days but will start to resolve before your 2-week post-op appointment.
- You are free to start taking showers following dressing removal, but please do NOT take any baths or submerge your skin opening under water for at least 1 month following surgery.
- 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.
- 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 take your antibiotic as prescribed. This is very important. Please take your pain medication and stool softener as prescribed.
- For men who have undergone circumcision or penile plication, we recommend taking the previously mentioned over-the-counter long-acting pseudoephedrine 120 mg tablets once every 12 hours as needed for painful erections.

- Please abstain from all sexual contact until 6 weeks following surgery. This includes masturbation. Not following this guidance may result in significant healing complications.
- 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.

### **G) Your 2 Week Post-Op Appointment**

- Usually, most discomfort will be significantly improved. Tissue swelling may persist for a few more weeks however. 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. As mentioned previously, please abstain from all sexual contact until 6 weeks following surgery. This includes masturbation. Not following this guidance may result in significant healing complications.

### **H) Rehabilitation for Plaque Incision and Grafting**

- The following recovery protocol is specifically for men who have undergone plaque excision and grafting for Peyronie’s disease. This is to help enhance erectile recovery following surgery.
- **1 Week Following Surgery:** Please start taking your prescribed tadalafil 5 mg once daily. This should be continued for at least 1 month.
- **2 Weeks Following Surgery:** Please start massaging and stretching your penis twice daily for approximately 5 minutes each session. We recommend using a ‘rolling’ or a ‘thumb and forefinger’ technique. This should be continued for at least 1 month.
- **4 Weeks Following Surgery:** Although not required, we recommend that motivated men start daily traction therapy in order to maximize penile length. We recommend the ‘RestoreX’ device by PathRight Medical. Although not covered by insurance, the majority of men who pursue traction therapy find it extremely worthwhile. The device can be purchased directly at [www.RestoreX.com](http://www.RestoreX.com). We recommend following their penile lengthening protocol. Please use the recommended brown self-adherent Coban wrap while using the device to help protect your incision.

### **I) When To Call The Office Or Go To The Emergency Room**

- Fortunately, complications with penile reconstructive 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'.
- When in doubt, come see Dr. Tatem in clinic.
- Concerning symptoms include:
  - Fevers over 101 F (38.3 C) with shaking and chills.
  - Having pain that is not controlled with your pain medication.
  - Increasing redness or pus from your incision.
  - Increasing swelling, pain, and bruising in the penis resulting in an 'eggplant' deformity.
  - 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 personal website at [www.alexatemd.com](http://www.alexatemd.com) and our practice website [www.indymenshealth.com](http://www.indymenshealth.com). You can always call our clinic at (317) 564-5104.**

**Personalized Instructions:** \_\_\_\_\_

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