

# Discharge Instructions: Penectomy - GU

## What To Expect

- It common to have mild-to-moderate pain at the site of surgery is expected for a few days.
- Bandages may have some blood-tinged drainage on them.
- You may have Dermabond® (skin glue) covering your incision. This creates a protective barrier over the wound.
- You may be sent home with a Foley catheter for urine drainage.

## Wound Care

- You may remove any bandages after 48 hours.
- You may shower **48- 72** hours after surgery. Do not soak the incision (baths/swimming/hot tubs) until you see your doctor.
- When showering, allow soap and water to come in contact with your incision and then gently pat dry with a clean towel. Do not scrub the incisions.
- Keep the incisions clean and dry.
- If your incision is covered with the skin glue, this material will fall off on its own after 2 weeks.
- Your sutures will dissolve on their own.

## Restrictions

- **Do not** make important decisions or drive while on opioid pain medications. You may begin driving 24 hours after you stop taking any prescribed pain medications.
- If you had groin (inguinal) surgery, do not lift anything that weighs 10 pounds or more for 6 weeks after your operation.. Otherwise, you may return to normal physical activity once you are off of pain medications.
- If you stopped blood thinner or aspirin medication before your procedure, it is generally safe to resume the medication 3 days after the procedure, unless your doctor gives you other instructions.
- Other types of medications you take at home may be resumed immediately.

## Diet

- You may resume your previous diet. We recommend you begin with lighter foods and if that does not upset your stomach, progress to a regular diet.

## Pain Control

- We will provide you with a prescription for opioid pain medication. Take as directed, as needed, for severe pain. This prescription will be sent electronically to the pharmacy you've provided at registration.
- Opioid medications can cause constipation. Drink 2-3 quarts of fluids a day, particularly water. You may also take nonprescription stool softeners such as bisacodyl (Dulcolax®).
- Opioid medications can cause nausea. Please take pain medication with food to decrease nausea.
- You may have discomfort such as a feeling like you need to urinate more often or with an increased sense of urgency. A bladder relaxing medication such as oxybutynin (Ditropan®) may be helpful. These medications commonly cause temporary dry mouth, and occasionally constipation. A stool softener such as bisacodyl (Dulcolax®) may be helpful.

## Call Us If...

- you have severe pain, not relieved with pain medication
- you have blood in the urine that lasts more than a 2 days
- you have blood clots in the urine
- you have a Foley catheter and it is not draining or if it is leaking around the insertion site
- you have swelling or redness in your wound that is getting worse after 2-3 days
- you develop a fever of 101° F (38.3°C) or higher or if you have a fever with chills or sweats
- you cannot eat or drink without vomiting

If you have any questions or concerns, please contact the GU clinic at **716-845-3159**. You may also call Roswell Park 24/7 at **716-845-2300** and the staff will assist you.

## Follow Up Care

- You should be scheduled for a follow up appointment in the clinic between 1 to 2 weeks after your procedure.
- At this appointment, you and your urologist will review the final pathology of the tissue that was removed and discuss any further recommendations or treatments. Your wound healing will also be evaluated at this time.
- If you left the hospital with a Foley catheter to drain urine, the catheter will likely be removed at this visit, unless otherwise discussed with you by your urologist.
- Since this appointment is very important, please contact the clinic if you do not have one scheduled or if you need to change the date and/or time.