

INFORMATION BOOKLET

# **INSERTION OF PENILE AND TESTICULAR IMPLANTS**

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## **PART C**



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PART A

PART B

## 15. PRESENTATION OF PART C

This section contains information and advice about your post-operative care. It explains what is normal after a procedure, how to relieve pain, treat your wounds and recognize a complication. These recommendations will help you have a faster and easier recovery.

## 16. THE HEALING PROCESS

Healing is a complex process that takes at least a year and consists of successive stages.

Check the incisions daily to make sure there is no infection until your wounds are completely healed. See section 21.4 for details regarding signs of infection.

<b>MODERATE SWELLING</b>	It is normal to see swelling in the mons pubis, phallus, scrotum, and perineum area. It may take 4 to 6 weeks to decrease.
<b>SCABS ON INCISIONS</b>	Yellowish or dark-red scabs may form on the incisions. This is part of the healing process and they will fall off over time. It is important not to remove them, as they serve as a natural protective layer on the wounds.
<b>ASYMMETRY OF THE GENITAL REGION</b>	The genital area may appear asymmetric in the early stages of healing, especially in the testicles. Improvement will be observed as the swelling subsides. The healing process may take up to a year.
<b>MILD TO MODERATE PAIN OR DISCOMFORT</b>	You may experience more significant pain during the first postoperative weeks.
<b>BLEEDING</b>	It is normal to have light bleeding in the days following your surgical procedure. The amount of blood lost may vary from person to person.
<b>MILD LOCAL NUMBNESS</b>	The trauma to the small nerve endings on the surface of the skin when making the incisions during the procedure may cause mild local numbness. Sensation will gradually return as the nerve endings heal and may take over a year.
<b>REDUCED SENSITIVITY TO HEAT OR COLD</b>	Your skin's sensitivity to heat or cold is different because the nerves have been affected. You may not feel temperature variations. Be careful not to burn yourself when exposing the genital area to heat or cold.
<b>SENSATION OF SMALL ELECTRIC SHOCKS</b>	This is a sign that the nerve endings are healing. After the wounds are closed, moisturizing cream and massages can help alleviate these symptoms.

## 17. MEDICATION

### 17.1 PAIN MANAGEMENT

Moderate pain (or discomfort) can be experienced after surgery, and its intensity may vary from person to person. **It is generally more acute during the first 24 to 72 hours.** Pain is mainly caused by the swelling and surgical incisions. You should expect an improvement in pain and inflammation **around 7 days after surgery** and gradually as healing progresses. Inflammation may take 6 to 12 months to disappear completely.

Relieving your pain first thing in the morning helps you get on with your day, and relieving it at bedtime helps you get a good night's sleep.

Make sure to take pain medication regularly **as prescribed by your surgeon.** In general, it is advisable to combine acetaminophen (Tylenol®) with the prescribed pain medication for better pain management.

Consult with us if your pain does not subside; your healthcare provider can also be consulted and follow up with us as needed.

Always follow the medical prescription and consult your pharmacist or primary care physician as needed to ensure the safe use of acetaminophen.

Refer to the document "Narcotics Analgesics Guide" that was provided to you upon admission.

Apply ice to the sore area for **10 minutes every hour.** The ice should not be applied directly to the skin; use a clean cloth. Wait at least 45 minutes between each application of ice.

Rest for the first five days following your surgery. **Rest** is beneficial for a better recovery.

Find other non-medical ways to alleviate your pain, such as relaxation, music, the presence of a family member or friend, etc.

### 17.2 RESUMING YOUR REGULAR MEDICATIONS

After the surgical procedure, you can resume your regular medications as prescribed by your surgeon.

**Do not take acetylsalicylic acid (Aspirin® or ASA) for 2 weeks following surgery.**

If your surgeon has prescribed antibiotics, it is essential to take them until the end of the treatment, even if you do not show any signs or symptoms of infection.

### **Anti-inflammatory**

If you were prescribed an anti-inflammatory medication (Celebrex®) at discharge, wait until you have finished taking it before resuming Advil®, Motrin®, or other ibuprofen products.

If you were not prescribed anti-inflammatories at discharge and do not have any medical contraindications to taking them, you can take an anti-inflammatory like Advil® or Motrin® 5 days after surgery. Consult your doctor or pharmacist for guidance.

## 18. WOUND CARE

### 18.1 SURGICAL DRESSINGS, WOUNDS, AND DRAINS

A dressing will be in place after the surgery and will need to be removed 48 hours after the surgery or upon removal of the drains, as per the surgeon's prescription.

#### Wounds

Remember to wash your hands before any contact with your wounds.

After removing the dressing, if you experience slight drainage from the wound, apply a dry gauze to the surgical site.

**Always keep the genital area clean and dry.**

For added comfort:

- Wear white cotton underwear that is comfortable and not too tight to avoid fabric rubbing against your genital area.
- Place a dry dressing on wounds that have not yet healed. When changing, if the dressing sticks, moisten it to remove it without pulling on the wounds.

### 18.2 JACKSON-PRATT DRAINS

A Jackson-Pratt drain is a tube with a constant suction bulb inserted into a closed wound during surgery. Its purpose is to:

- Prevent fluid accumulation in the wound and reduce the risk of infection.
- Measure the amount of fluid coming out of the wound.

Drains may be inserted during the surgical procedure. If you leave our center with drains, they must be removed by your primary care physician, a nurse at a clinic or at the CLSC, as per the prescription provided upon discharge.

For more information, please refer to the "Jackson-Pratt Drain" document given to you upon discharge.

### 18.3 THE GAUZE ON THE PHALLUS (BOLUS)

A small bolus of dressings may be sutured at the tip of your phallus. Please schedule an appointment at your clinic or the local health and social services center (CLSC) to have it removed by a healthcare professional as per the prescription provided upon discharge.



## 18.4 SUTURES

Your surgical wounds are closed using dissolving stitches. There is no need to worry about their removal. Never pull on sutures.

## 18.5 HYGIENE

You can take a shower **24 hours after removing the surgical dressing OR 24 hours after removing the drain** if it is subsequently removed. Afterward, take a shower every day:

1. Use a mild, fragrance-free, and alcohol-free bar soap (examples: Dove® or Ivory®) to clean your genital area.
2. Rinse off the excess soap without directing the shower spray directly onto the wounds.
3. Gently pat the genitals dry with a clean towel, then let them air-dry for as long as possible.

You can shower even if the bolus (dressing sutured at the tip of the phallus) is still in place.

## 18.6 SCAR MASSAGE

To stimulate blood circulation and increase the flexibility of the tissues surrounding the operated area, it is essential to start massaging the scars as soon as the incisions are closed.

Perform the massage in the incision direction and in a circular motion with a cream containing vitamin E or a silicone gel you have already purchased (see Part B, section 10.1).  
**Never apply oil to your incisions.**

Additionally, if the implant has a pump installed at the scrotum level, and if you have one or two testicular implants, it is recommended to massage the scrotum by pulling the testicular implant and the pump downward to prevent them from migrating into the inguinal canal.

Remember that it is essential to **wash your hands before and after touching your genital area.**

We advise against getting a piercing in the genital region.

## 19. LIFE HABITS

### 19.1 REST AND DAILY ACTIVITIES

A balance between rest and your activities will be essential. Rest for the first 5 days following your surgery. Afterward, gradually resume your daily activities according to your tolerance.

#### IMPORTANT

- During the first month following the surgery, avoid lifting objects heavier than 4.5 kg (10 lb).
- Wait 6 to 8 weeks after your surgery to engage in physical and sports activities.
- We strongly recommend walking for at least one hour a day as soon as your condition allows.
- Pay special attention if you participate in physical activities that risk impacting the groin area.
  
- Wait for two months and until your wounds are completely healed before bathing in a pool, hot tub, or lake.

### 19.2 HYDRATION AND BOWEL MOVEMENTS

The use of narcotic painkillers and a decrease in physical activity can contribute to constipation.

Here are some guidelines to avoid constipation:

- Drink 2 to 3 litres of water per day unless otherwise advised by your surgeon.
- Increase your daily fibre intake (fresh or juice prunes, cereals like All-Bran Buds, fruits and vegetables, etc.).
- Reduce your consumption of foods high in fat and sugar.
- Reduce your consumption of caffeinated beverages such as coffee, tea, etc.
- Avoid soft drinks and alcohol, as they contribute to dehydration.
- Establish a physical activity routine as recommended in section 19.1.
- Take acetaminophen (Tylenol) regularly to reduce your consumption of narcotics.
- Take Senokot as needed, a natural laxative, as prescribed by your surgeon. If the problem persists, consult your family doctor or pharmacist.

### 19.3 ALCOHOL AND TOBACCO

Avoid alcohol consumption in the two weeks following the surgical procedure.

Also, refrain from smoking regular cigarettes and e-cigarettes or using nicotine substitutes (Nicorette or others) for 6 to 8 weeks after your surgery.

### 19.4 SEXUAL RELATIONS

Wait at least **8 weeks** after the surgery and complete healing of the wounds before engaging in sexual intercourse. **During this period, you must not activate the penile implant.**

The insertion of the penile implant should not change your ability or lack of ability to have an orgasm.

After these first 8 weeks, you should activate the implant at least once weekly to ensure proper functioning.

### 19.5 DRIVING

We recommend waiting at least 2 weeks after your surgery before driving a vehicle and thus be able to make unpredictable movements without constraint. This waiting period also prevents pain and excessive pressure on your genital area.

**Remember that it is illegal to drive a motorized vehicle while taking narcotic painkillers.**

## 20. FUNCTIONING OF THE IMPLANT

It is important to remember that the penile implant will provide you with satisfactory rigidity for sexual intercourse. Still, the distal end of the phallus will not point upward when the implant is inflated.

### 20.1 IMPLANT WITH A PUMP

The penile implant consists of 2 or 3 parts, depending on the model used:

- **Cylinders (2):** located in the phallus, become rigid when the implant is inflated.
- **The pump:** it allows the implant to inflate by transferring the liquid in the reservoir of each cylinder to the reservoirs of the central cylinder. \* The surgeon will decide on the location of the implant pump during the surgery. Refer to your surgeon or nurse for them to specify its location.
- **The reservoir:** depending on the implant model used, there may be a separate water reservoir. This is usually placed in the abdomen.

### 20.2 SEMI-RIGID MALLEABLE IMPLANT

This type of implant consists of only 2 semi-rigid rods inserted into the phallus.

### 20.3 Functioning OF THE IMPLANT

#### Functioning of the Implant with Pump

After pressing the pump mechanism located in the scrotum rapidly and firmly several times, the water in the reservoir moves into the rods inside the phallus, making the phallus firmer. At the end of the penile implant's use, another mechanism returns the liquid from the cylinders to the reservoir. This allows the penis to return to a flaccid state. The location of the deactivation mechanism varies depending on the implant model. It can be either on the top of the pump or directly pressing the tubes.

#### Functioning of the Malleable Implant

The malleable implant bends and straightens by manipulating the phallus.

## 21. MAIN POSSIBLE COMPLICATIONS

### 21.1 HEMATOMA AND SEROMA

A hematoma is an accumulation of blood under the skin, and a seroma is related to an accumulation of clear bodily fluid. It can be a mild accumulation, but a hematoma can result from a more severe buildup.

Symptoms of hematoma and seroma may include:

- Localized increase in pain
- Sudden asymmetry or deformity in the pubic area
- Area suddenly harder to the touch
- Increased swelling.

### 21.2 WOUND OPENING (DEHISCENCE)

Wound dehiscence is an opening at the surgical incision site. It can occur in the first few weeks following the surgery.

If you notice an opening at an incision site, be aware that there is no surgical procedure indicated to close the wound. The healing period will be longer, but the wounds will naturally close from the inside out.

In this case, it will be essential to clean the open area with mild soap twice daily and dry it thoroughly.

If you experience greenish discharge from the wound, please consult your family doctor promptly.

### 21.3 IMPLANT OR PUMP MALPOSITIONING

It's essential to comply with the physical activity restrictions recommended by your surgeon to prevent the penile implant from shifting. During your recovery, rest and gradually resume your activities.

The penile implant should not interfere with your ability to urinate. If you experience problems during urination, contact us and describe the type of problem (complete blockage, deviated stream, longer urination time, etc.).

The testicular implant or the pump mechanism located in the scrotum (if applicable) could migrate upwards into the inguinal canal (passage through the abdominal wall), thereby making it inaccessible. Refer to the massage section of this booklet for information on how to prevent this complication.

## 21.4 WOUND OR IMPLANT INFECTION

As soon as you return home, check the incisions and site daily to ensure there is no infection until your wounds are completely healed.

Monitor the following signs and symptoms:

- Redness
- Feeling of heat
- Sensitivity
- Swelling
- Yellow or greenish discharge with a foul odour
- Increased pain at the surgical site
- The presence of chills and a fever exceeding 38.5°C or 101°F for more than 24 hours.

If you observe one or more symptoms of these complications, please contact us at 514 333-1572, extension 200, or by email at [asclepiade@cmcmontreal.com](mailto:asclepiade@cmcmontreal.com), and consult your healthcare professional to determine if you have an infection.

## 21.5 EXPOSURE OR EXTRUSION OF THE PENILE OR TESTICULAR IMPLANT

This complication, sometimes secondary to an infection or rubbing of the implant against the skin, is defined by the visibility of the implant through the skin by "transparency" or through an opening in the skin surface.

The manifestations include:

- Pain at the site
- Pressure
- Redness
- Visible implant

If you observe one or more symptoms of implant exposure or extrusion, please contact us quickly at 514 333-1572, extension 200, or by email at [asclepiade@cmcmontreal.com](mailto:asclepiade@cmcmontreal.com)

## 21.6 MALFUNCTIONING OF IMPLANT

An implant can malfunction due to a pump, tube, or connector breakage.

If you can no longer inflate or deflate the implant, first ensure that the pump is correctly positioned, has not migrated or rotated, and that you are pressing in the right place to activate or deactivate it.

If the problem persists, contact us at 514 333-1572, extension 200, or by email at [asclepiade@cmcmontreal.com](mailto:asclepiade@cmcmontreal.com), so our team can assess the situation.

## 22. POSTOPERATIVE FOLLOW-UPS

In the weeks following your return home, we will conduct follow-ups via email to ensure that your recovery is progressing well.

### WITH THE CLSC, A MEDICAL CLINIC, OR YOUR HEALTHCARE PROFESSIONAL

- In the days following your surgery, you must schedule an appointment to remove the bolus at the end of the phallus and for the removal of the drains which may have been inserted, according to your prescription.
- Some individuals may require psychosocial support after surgery. We encourage you to contact your healthcare professionals as needed.

### WITH OUR TEAM

If you would like an in-person or phone consultation with our team after your surgical procedure, please contact us at 514 333-1572, extension 200, or via email at [asclepiade@cmcmontreal.com](mailto:asclepiade@cmcmontreal.com).

Unless you have an urgent issue, it is recommended to wait 6 weeks before scheduling this consultation.

### 22.1 CONTACTS DURING HOME RECOVERY

You may contact Asclepiade for any questions regarding your postoperative care or if your family doctor has any questions regarding your surgical procedure.

#### Maison de convalescence Asclépiade:

514 333-1572

[asclepiade@cmcmontreal.com](mailto:asclepiade@cmcmontreal.com)

**Call 911 or go to the nearest hospital if you believe it's an emergency.**



## RESOURCES


<i>Info-santé Service in your region</i>	Quebec: 811
<i>Emergency Service in your region</i>	Canada: 911
<i>Your family doctor</i>	
<i>Your pharmacist</i>	
<i>Local community service center (CLSC) in your region</i>	
<i>Action santé travestis·es et transsexuels·les du québec (ASTT(e)Q)</i>	<a href="http://www.astteq.org">www.astteq.org</a>
<i>Aide aux trans du QC</i>	<a href="http://www.atq1980.org">www.atq1980.org</a> <a href="mailto:ecoute@atq1980.org">ecoute@atq1980.org</a>
<i>24-hour toll-free helpline</i>	855 909-9038, option 1
<i>Fondation émergence</i>	<a href="http://www.fondationemergence.org">www.fondationemergence.org</a>
<i>Coalition des familles LGBT</i>	<a href="http://www.famillelgbt.org">www.famillelgbt.org</a>
<i>Interligne in english or in french</i>	<a href="http://www.interligne.co">www.interligne.co</a>
<i>24-hour toll-free professional helpline</i>	1 888 505-1010

Scan or click on the code below to access our satisfaction survey. You should complete the survey only after your surgery.



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