



Wake Forest University Baptist
MEDICAL CENTER®

Urology

Discharge Instructions Following the Insertion of an Artificial Urinary Sphincter

- Your incision has already started the healing process. If you notice excessive drainage of liquid or blood from your incision, inform your doctor.
- You may have swelling and/or bruising of the scrotum. You may apply ice packs to the scrotum if the swelling persists.
- Drink at least 6-8 glasses of fluid per day; minimize night-time drinking if this causes you to awaken regularly to urinate.
- You may resume your regular diet and regular medication regimen.
- You may experience weakness after you are discharged from the hospital. This is normal. You will slowly regain your strength as time goes by.
- You may walk around and go up and down stairs.
- Do not exercise, lift heavy objects, return to work, or resume any form of sexual activity until you are told to do so by your urologist.
- Do not wear tight underwear or scrotal supports.
- You will be given a prescription for pain medication; continue using this as long as your pain persists. As soon as Extra Strength Tylenol is adequate, you can switch to this instead – it is less constipating. If you have severe pain that does not improve with the pain medication, call your doctor.
- You will have a prescription for an antibiotic when you go home, take these medications as instructed; if you miss one dose, resume taking them on your previous schedule until you have completed the entire course of treatment.
- Call your physician if you have a fever over 101°F.
- Your artificial sphincter is “deactivated” when you leave the hospital. This means that you will leak urine and that you will want to wear adult diapers (eg. Depends). Call your physician if you notice blood in the urine or if your urine is not draining. Do not allow anyone to insert a catheter into your penis to drain your urine without first consulting your urologist.
- Make a follow-up appointment with your urologist when you arrive at home (or the next business day).
- Call your urologist during normal business hours with any other routine questions.