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Discharge instructions Following Suspensory Ligament Release

Procedure:

You had a suspensory ligament release partly or completely.

What to expect:

Dressing: You can remove your dressing 2 days after surgery.

Pain: Take Tylenol #3 or Percocet for pain and or ketorlac. Take with food so you do not get nauseated. Take stool softeners so you do not get constipated.

Penis: Your penis and suprapubic area will turn black and blue. Do not be alarmed as this is normal. No sexual activity for 2 weeks as ok by physician. **Hold the penis on traction by holding the head 30 seconds 3 x daily for the two weeks starting 24 hrs after surgery. Use a Vacuum Erection Device May Assist (VED) 10 min daily start 24 hours after surgery (Keep incision out of VED chamber).** Do not sleep on the penis. Ice the suprapubic area 3 x daily for 20 min intervals this will help with swelling. Your penis will hang lower and may have more lateral motion when erect.

Shower: You can shower in 48 hours.

Constipation: This is a common side effect of pain medication. Take stool softener as instructed after your procedure. **For constipation longer than 48 hours:** drink ½ bottle of magnesium citrate. If no bowel movement after one hour drink the other half of the bottle. If no bowel movement after magnesium citrate, use a Fleets enema.

Medications:

Pain medicine: Take pain medicine as needed. This will constipate you so take Colace or Senna to stay regular. Do not drive on narcotic pain medicine such as Tylenol #3 or Percocet.

Stool softener: Take a stool softener while on pain medicine so you do not get constipated. We recommend Colace 200mg twice daily and Senna 2 tabs daily.





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Ibuprofen/Sprix: You can take ibuprofen as instructed on the bottle for pain, but please take in moderation. Squirt sprix into naris every 8 hrs and wait for 3-5 seconds before breathing in to avoid nasal burning.

What to call for:

Fever : Call for a temperature over 101

Nausea/vomiting : Call if you do not feel well and cannot keep anything down.

Inability to urinate : If you cannot urinate after the procedure, please call us immediately.

If you have any questions call

Please resume all previous medicines as before, including aspirin or Plavix (blood thinners) if you were on them previously.

Follow up:

Please follow up on:

Call us at 404-400-3120 with any questions or concerns.

