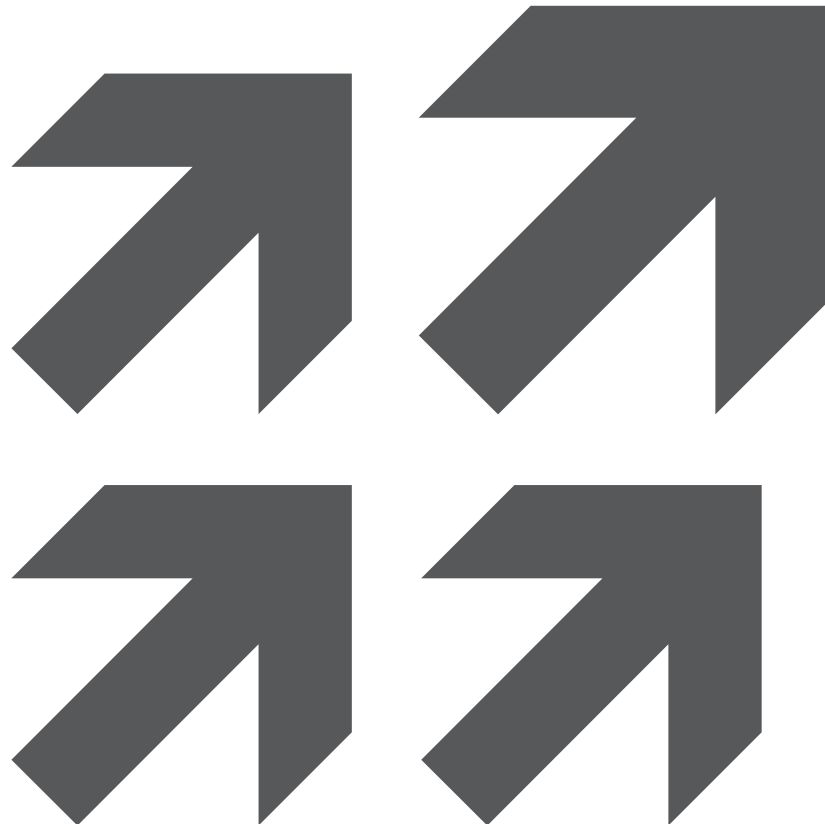


Phalloplasty Timelines & Guidelines (PT&G)

Lengthening



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Name: _____ Surgery date: ____/____/____

Introduction >

This *Phalloplasty Timelines & Guidelines* booklet includes a timelines section that shows and describes when to start and stop each activity involved in your surgery. This timelines section is organized by activity start date or time. The activity you must begin first is listed first, and so on.

The timelines section is followed by a guidelines section that provides additional information about the timelines section activities. These guidelines are organized by type of activity. All activities related to things you put in your mouth are grouped in Section A, and so on.

Please be sure to read all 25 pages of the *Phalloplasty Timelines & Guidelines (PT&G)* booklet thoroughly and refer to it often. You are responsible for following these timelines and guidelines in order to ensure a successful surgery.

The *Surgery Preparation & Follow Up (SP&F) Checklist* contains lists of activities to prepare for, and specific to, the days just before, during, and after your surgery. The *Phalloplasty Timelines & Guidelines (PT&G)* provides timelines for the *Surgery Preparation & Follow Up (SP&F) Checklist*

Signature: _____ Date: ____/____/____

sections, as well as for all other activities that must be completed for your surgery over a longer period of time leading up to and following your surgery.

In some cases, individual activities may appear in both documents, where there is overlap or a wish to emphasize the importance of a particular activity. Be sure to pay close attention to both the *Phalloplasty Timelines & Guidelines (PT&G)* and *Surgery Preparation & Follow Up (SP&F) Checklist* documents provided to you.

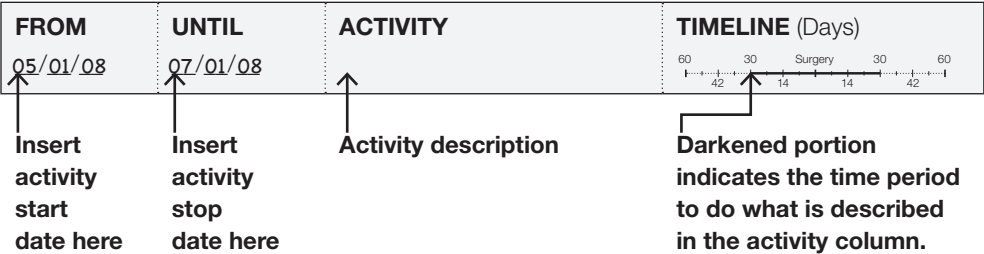
Timelines >

The timelines on pages four through eight show and describe when to start and stop each activity involved in your surgery. The timelines are organized by activity start date or time. The activity you must begin first is listed first, and so on.

Activities are listed in the *Activity* column (column three). The *From* column (column one) tells you when to start doing the activity listed in the *Activity* column, and the *Until* column (column two) tells you when to stop doing the activity listed in the *Activity* column. Sometimes an activity is something you must avoid. For example, you are not allowed to drink alcoholic beverages from one month before your surgery until one month after your surgery.

The *From* and *Until* columns provide a space for you to insert the exact dates when you should start and stop each activity.

EXAMPLE



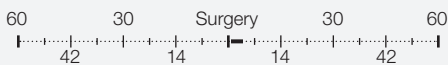
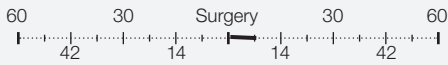
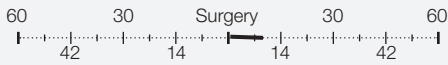
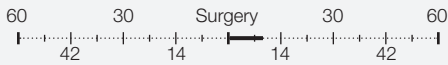
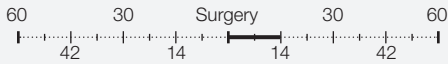
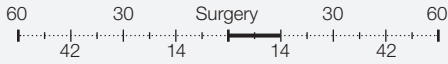
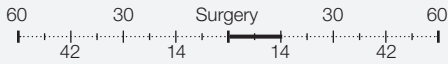
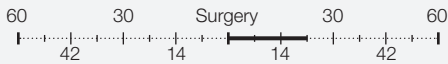
In the *Timeline* column (column four), the darkened section of the bar shows the number of days before and after surgery that you should do whatever is described in the *Activity* column. This is a visual representation of the *From* and *Until* columns.

FROM	UNTIL	ACTIVITY	TIMELINE (Days)
Today	Finish no later than midnight before surgery ____/____/____	ON THE SURGERY PREPARATION AND FOLLOW UP (SP&F) CHECKLIST, COMPLETE SECTION a: SOME THINGS TO DO IN THE WEEKS BEFORE SURGERY	
2 months (60 days) before surgery ____/____/____	2 months (60 days) after surgery ____/____/____	NO SMOKING	
	2 months (60 days) after surgery ____/____/____	NO ANABOLIC HORMONES OR STEROIDS (BODY BUILDERS), TESTOSTERONE, PRODUCTS FOR IMPROVEMENT OF SEXUAL PERFORMANCE, OR ANYTHING THAT DIRECTLY OR INDIRECTLY INCREASES SEX DRIVE OR THE AMOUNT OF TESTOSTERONE IN THE BODY.	
At least 6 weeks (42 days) before surgery ____/____/____	After surgery ____/____/____	NO GINSENG OR ST. JOHN'S WORT	
One month (30 days) before surgery ____/____/____	One month (30 days) after surgery ____/____/____	NO DRINKING OF ALCOHOLIC BEVERAGES	
Two weeks (14 days) before surgery ____/____/____	Two weeks (14 days) after surgery ____/____/____	NO FOOD OR MEDICATION LISTED ON THE FOODS TO AVOID AND MEDICATIONS TO AVOID LISTS (SEE SECTIONS E AND F)	
	6 weeks (42 days) after surgery ____/____/____	TAKE VITAMIN C Two 500 mg. tablets (divided doses with food) daily	
2 days before surgery ____/____/____	6 weeks (42 days) after surgery ____/____/____	TAKE VITAMIN B SUPPLEMENT & ZINC 50 mg. daily	

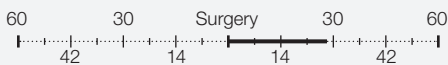

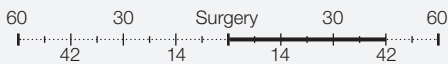
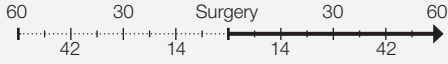
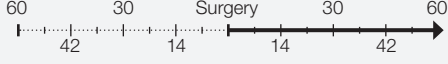
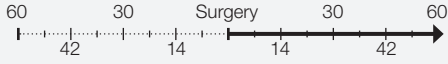
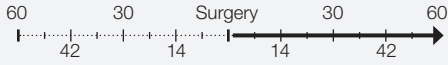
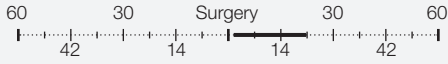
04 Signature: _____ Date: ____/____/____

FROM	UNTIL	ACTIVITY	TIMELINE (Days)
The night before surgery ____/____/____	Finish no later than midnight before surgery ____/____/____ After surgery ____/____/____	EAT A HEALTHY MEAL ON THE SURGERY PREPARATION AND FOLLOW UP (SP&F) CHECKLIST, COMPLETE SECTION b: SOME THINGS TO DO THE NIGHT BEFORE SURGERY	
Midnight before surgery ____/____/____	After surgery ____/____/____	NO FOOD OR FLUID	
The morning of surgery ____/____/____	Finish before surgery begins ____/____/____	ON THE SURGERY PREPARATION AND FOLLOW UP (SP&F) CHECKLIST, COMPLETE SECTION c: SOME THINGS TO DO THE MORNING OF SURGERY	
Begin immediately after surgery ____/____/____	The day after surgery ____/____/____	ON THE SURGERY PREPARATION AND FOLLOW UP (SP&F) CHECKLIST, COMPLETE SECTION d: SOME THINGS TO DO IMMEDIATELY AFTER SURGERY	
Upon return to your hotel room after surgery ____/____/____	The day after surgery ____/____/____ The day after surgery ____/____/____	EAT A LIGHT MEAL AND RESUME NON-ALCOHOLIC LIQUIDS ON THE SURGERY PREPARATION AND FOLLOW UP (SP&F) CHECKLIST, COMPLETE SECTION e: SOME THINGS TO DO UPON ARRIVAL AT YOUR HOTEL AFTER SURGERY	

Signature: _____ Date: ____/____/____

FROM	UNTIL	ACTIVITY	TIMELINE (Days)
After surgery ____/____/____	As needed and directed by your surgeon	TAKE ANALGESICS & SLEEPING MEDICATIONS	
	One week (7 days) after surgery ____/____/____	NO STRETCHING, PHYSICAL EXERCISES, SPORTS AND OTHER PHYSICAL ACTIVITY	
	10 days after surgery ____/____/____	WEAR SURGICAL DRESSING AND BANDAGES	
	10 days after surgery <i>or as soon as possible if urine seepage</i> ____/____/____	CHANGE DRESSING Daily	
	At least two weeks (14 days) after surgery ____/____/____	NO SHOWERS	
	At least two weeks (14 days) after surgery ____/____/____	SLEEP ON YOUR BACK IF POSSIBLE, AND ELEVATE THE PENIS AND SCROTUM	
	At least two weeks (14 days) after surgery <i>and until cleared by the surgeon</i> ____/____/____	NO HEAVY LIFTING	
	At least three weeks (21 days) after surgery <i>and until cleared by the surgeon</i> ____/____/____	NO SEXUAL ACTIVITIES, INCLUDING MASTURBATION	

06 Signature: _____ Date: ____/____/____

FROM	UNTIL	ACTIVITY	TIMELINE (Days)
After surgery ____/____/____	Four weeks (28 days) after surgery ____/____/____	WEAR BOXER SHORTS AND LOOSE-FITTING PANTS WITH THE PENIS HANGING DOWN	
	Four weeks (28 days) after surgery <i>and until cleared by the surgeon</i> ____/____/____	NO EXCESSIVE PHYSICAL ACTIVITY, STRENUOUS EXERCISE OR CONTACT SPORTS	
	Six weeks (42 days) after surgery <i>or longer if your sutures have not disappeared</i> ____/____/____	NO BATHS AND OTHER WATER IMMERSION	
	Six months (180 days) after surgery ____/____/____	AVOID SUN EXPOSURE	
	Up to one year after surgery ____/____/____	MAKE FOLLOW-UP CONTACT Up to twice a week	
		REPORT ANY CONCERNS (SEE SECTION G) Immediately	
Upon leaving your hotel after surgery ____/____/____		ON THE SURGERY PREPARATION AND FOLLOW UP (SP&F) CHECKLIST, COMPLETE SECTION f: SOME THINGS TO DO AFTER LEAVING YOUR HOTEL THE DAY AFTER SURGERY	
The day after surgery ____/____/____	Three weeks (21 days) after surgery ____/____/____	TAKE ANTIBIOTICS (SEE SECTION G)	

Signature: _____ Date: ____/____/____

FROM	UNTIL	ACTIVITY	TIMELINE (Days)
The day after surgery ____/____/____	Six weeks (42 days) after surgery ____/____/____	TAKE VITAMIN A SUPPLEMENT & VITAMIN E SUPPLEMENT Daily	
Three to four days after surgery, depending on your profession ____/____/____		RETURN TO WORK	
One week (7 days) after surgery ____/____/____	Three weeks (21 days) after surgery ____/____/____	DO HAND STRETCHING PHYSIOTHERAPY EXERCISES (SEE SECTION H) Daily (5-7 days a week)	
Two weeks (14 days) after surgery ____/____/____	Your sutures have disappeared	TAKE SHOWERS WITH TAPED CELLOPHANE	
Three weeks (21 days) after surgery ____/____/____	Up to one year after surgery ____/____/____	DO WEIGHT OR TRACTION TECHNIQUE PHYSIOTHERAPY EXERCISES (SEE SECTIONS H AND I) Daily (5-7 days a week)	
Three weeks (21 days) after surgery <i>and until cleared by the surgeon to begin sexual activity</i>	One month (30 days) after cleared by the surgeon to begin sexual activity <i>and until cleared by the surgeon to stop wearing a condom</i> ____/____/____	WEAR A CONDOM DURING SEXUAL ACTIVITIES	
Three weeks (21 days) after surgery <i>If your sutures have disappeared after surgery</i>		TAKE FULL SHOWERS WITH NO CELLOPHANE	

08 Signature: _____ Date: ____/____/____

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Guidelines >

The guidelines on the following pages provide additional information about the activities listed in the timelines section of this booklet. The guidelines are organized, by type of activity, into sections A, B, C and D listed below. The guidelines also include important cautions referenced in the timelines and guidelines. These cautions are contained in Sections E through I.

Section A

Smoking, alcohol, medications, herbs, supplements, foods & non-alcoholic beverages

Section B

Sexual activities & physical activities

Section C

Baths, hot tubs, showers, cleansing, wound & dressing care

Section D

Follow up

Please note: Timelines activities that refer to the *Surgery Preparation and Follow Up (SP&F) Checklist* do not have any additional information in the guidelines section.

Section A Smoking, alcohol, medications, herbs, supplements, foods & non-alcoholic beverages

Smoking

☐ NO SMOKING

From 2 months (60 days) before surgery

Until 2 months (60 days) after surgery

If you smoke, you must stop smoking beginning at least 2 months (60 days) before surgery until 2 months (60 days) after surgery. Smoking interferes with the proper flow of the blood during surgery, which may cause excessive bleeding during the procedure. It also increases scarring and interferes with the healing process by shrinking blood vessels and diminishing blood supply to the surgical areas.

Alcohol

☐ NO DRINKING OF ALCOHOLIC BEVERAGES

From one month (30 days) before surgery

Until one month (30 days) after surgery

Do not drink or consume any alcoholic beverages beginning one month (30 days) before surgery until one month (30 days) after surgery.

Medications, herbs, supplements, foods & non-alcoholic beverages

☐ NO ANABOLIC HORMONES OR STEROIDS (BODY BUILDERS), TESTOSTERONE, PRODUCTS FOR IMPROVEMENT OF SEXUAL PERFORMANCE, OR ANYTHING THAT DIRECTLY OR INDIRECTLY INCREASES SEX DRIVE OR THE AMOUNT OF TESTOSTERONE IN THE BODY

From two months (60 days) before surgery

Until two months (60 days) after surgery

The following products are very dangerous for phalloplasty surgery and must be avoided during this four-month time period: anabolic hormones or steroids (body builders), testosterone, and/or any other product designed to improve sexual performance, whether it be a prescription drug, such as Viagra and Cialis, an herbal supplement, or any other substance that directly or indirectly increases sex drive or the amount of testosterone in the body. **Notify your surgeon immediately if you are taking any of these products.**

☐ NO GINSENG

For at least 6 weeks (42 days) prior to surgery

Ginseng can dramatically increase your heart rate.

☐ NO ST. JOHN'S WORT

For at least 6 weeks (42 days) prior to surgery

St. John's Wort alters the effect of anesthesia.

Signature: _____ Date: ____/____/____

Section A (Continued)

☐ **NO FOOD OR MEDICATION LISTED ON THE FOODS TO AVOID AND MEDICATIONS TO AVOID LISTS (SEE SECTIONS E AND F)**

From 2 weeks (14 days) before surgery

Until 2 weeks (14 days) after surgery

Do not eat any of the foods or take any of the medications listed on the Foods to Avoid and Medications to Avoid lists in Sections E and F beginning 2 weeks (14 days) before surgery until 2 weeks (14 days) after surgery. These foods and medications affect the clotting of your blood, may cause excessive bleeding, and/or affect your mental or emotional state. If you take something that you cannot stop taking for medical reasons, you must discuss this as soon as possible with your surgeon. Not taking prescribed medications can seriously affect your health.

Note: Before you begin taking a medication or supplement that you have not listed on the Phalloplasty Surgery Screening Questionnaire, please call our office (858-551-9502) and ask about specific medications you may be considering taking.

☐ **TAKE VITAMIN C**

Two 500 mg. tablets (divided doses with food)

Daily, from one week (7 days) before surgery

Until 6 weeks (42 days) after surgery

Take two (2) 500 milligram tablets of Vitamin C daily, beginning one week (7 days) before surgery until six weeks (42 days) after surgery. Vitamin C

is a powerful antioxidant that speeds healing. It can also improve blood flow that has been impaired by smoking. We recommend that you take these tablets at two different times of the day.

☐ **TAKE VITAMIN B SUPPLEMENT**

Daily, from 2 days before surgery

Until 6 weeks (42 days) after surgery

Take a Vitamin B Supplement daily with food, beginning two days before surgery until six weeks (42 days) after surgery. Vitamin B is a powerful

antioxidant that speeds healing. It can also improve blood flow that has been impaired by smoking.

☐ **TAKE ZINC**

50 mg.

Daily, from 2 days before surgery

Until 6 weeks (42 days) after surgery

Take 50 milligrams of Zinc daily with food, beginning two days before surgery until six weeks (42 days) after surgery. Zinc will boost your immune system and

promote healing. These products can be purchased at most health food stores.

☐ **EAT A HEALTHY MEAL**

Finish no later than midnight before surgery

Finish eating a healthy meal no later than midnight the night before surgery. For more information, see SP&F, Section b.

☐ **NO FOOD OR FLUID**

From midnight before surgery

Until after surgery

Do not eat any food or drink any fluid after midnight on the day of surgery, until after the surgery. Do not eat or drink anything, not even water. Do not chew gum. You may take a sip of water with your regular morning medications, if you have been cleared by the surgeon to take them. For more information, see SP&F, Sections b and c.

☐ **EAT A LIGHT MEAL AND RESUME NON-ALCOHOLIC LIQUIDS**

Upon return to your hotel room

After surgery

At the hotel, have room service deliver a light meal to your room so that you can rest comfortably while eating. You may resume drinking liquids (**except for alcoholic beverages**) and eat a light meal. For more information, see SP&F, Section e.

☐ **TAKE ANALGESICS**

From after surgery

As needed and directed by your surgeon

Take the prescriptions for analgesics given to you as needed for any discomfort.

☐ **TAKE SLEEPING MEDICATIONS**

From after surgery

As needed and directed by your surgeon

If you have difficulty sleeping, ask your surgeon for a prescription or suggestion for an appropriate medication.

☐ **TAKE ANTIBIOTICS (SEE SECTION G)**

From the day after surgery

Until 3 weeks (21 days) after surgery

Beginning on the day after surgery until 3 weeks (21 days) after surgery, take the antibiotic medications prescribed for you, as directed by your surgeon, and as instructed by the pharmacy and on your prescriptions. It is very important that you take these medications to reduce the risk of infection.

☐ **TAKE VITAMIN A SUPPLEMENT**

Daily, from the day after surgery

Until 6 weeks (42 days) after surgery

Take a Vitamin A supplement daily, beginning on the day after surgery until 6 weeks (42 days) after your surgery. Vitamin A is a powerful antioxidant that speeds healing.

☐ **TAKE VITAMIN E SUPPLEMENT**

Daily, from the day after surgery

Until 6 weeks (42 days) after surgery

Take a Vitamin E supplement daily, beginning on the day after surgery until 6 weeks (42 days) after your surgery. Vitamin E is a powerful antioxidant that speeds healing. It can also improve blood flow that has been impaired by smoking.

Signature: _____ **Date:** ____/____/____

Section B Sexual activities & other physical activities

Sexual activities

☐ NO SEXUAL ACTIVITIES, INCLUDING MASTURBATION

Beginning after surgery

Until at least three weeks (21 days) after surgery and until cleared by the surgeon

You must be cleared by your surgeon before resuming sexual activity of any kind. This applies to all types of sexual activity, including masturbation and spontaneous erection. Do not engage in sexual activities of any kind for at least three weeks (21 days) after surgery, or until you have completely healed.

Failure to follow this directive could result in infection and even the loss of your grafts.

You must be cleared by the surgeon before you resume sexual activities.

Your surgeon will consult with you to determine when you are ready to resume sexual activity, and **you must follow the surgeon's advice in order to ensure that you heal properly and completely.**

☐ WEAR A CONDOM DURING SEXUAL ACTIVITIES

After resuming sexual activities at least three weeks (21 days) after surgery

and after cleared by the surgeon

For one month (30 days)

You must wear a condom during sexual activities of any kind for one month (30 days) after you resume sexual activities. You must be cleared by the surgeon before you resume sexual activities. You need to wear a condom to protect yourself from potential infection during this one month period. It is always good to have clearance from your surgeon for any new recovery step after penile surgery.

Physical activities

☐ NO STRETCHING, PHYSICAL EXERCISES, SPORTS, AND OTHER PHYSICAL ACTIVITY

Beginning after surgery

Until one week (7 days) after surgery

These activities can stretch and break your surgical stitches and reopen your wound, requiring new stitches.

☐ NO HEAVY LIFTING

Beginning after surgery

Until at least two weeks (14 days) after surgery and until cleared by the surgeon

Do not lift objects exceeding 25 pounds **for at least two weeks (14 days) after surgery.** Refrain from heavy lifting until cleared by your surgeon.

☐ NO EXCESSIVE PHYSICAL ACTIVITY, STRENUOUS EXERCISE AND CONTACT SPORTS

Beginning after surgery

Until four weeks (28 days) after surgery and until cleared by the surgeon

Excessive post surgical activities (including sex) may lead to severe swelling, infection, and loss of your graft! Refrain from such activities for at least four weeks (28 days) after surgery, and until cleared by your surgeon. Do not engage in strenuous exercise or contact sports for four weeks after surgery, and until cleared by your surgeon.

❑ RETURN TO WORK

Three to four days after surgery, depending on your profession

Depending on your profession, you may return to work **three to four** days after surgery.

❑ DO HAND STRETCHING PHYSIOTHERAPY EXERCISES (SEE SECTION H)

Daily (5 to 7 days a week), beginning one week (7 days) after surgery

Until three weeks (21 days) after surgery

Begin daily (5 to 7 days a week) hand exercises one week (7 days) after surgery and continue for two weeks (14 days).

The results of lengthening surgery are the joint responsibility of the surgeon and the patient. The surgeon performs the surgery, but the patient must faithfully complete the **hand stretching physiotherapy exercises** to achieve desired results. If you have had lengthening surgery, once you have progressed from hand stretching to weight/traction techniques, it may take exercising up to two hours a day, five days a week, for six months to one year before you see the complete results of this surgery. Daily post surgical physiotherapy exercises are paramount for achieving the best results. A slight amount of retraction can be normal during the healing process.

To practice hand stretching exercises, stretch out the penis by using your hand to **gently** pull on the shaft. Perform hand stretching by holding the mid-shaft with your third finger and thumb and pulling it out to the point of tension. Start with a mild pull pressure the first two to three days and progressively build up to a medium pull pressure until week three, when you should be ready to start using your physiotherapy lengthening device. Work progressively. For example, start with 20 to 30 seconds, one or two times per day, and increase your time by 20 to 30 seconds each day. Build up to two to three times per day for up to five to ten minutes each time.

❑ DO WEIGHT OR TRACTION TECHNIQUE PHYSIOTHERAPY EXERCISES (SEE SECTIONS H AND I)

Daily (5 to 7 days a week), beginning three weeks (21 days) after surgery

Until up to one year after surgery

Begin daily (5 to 7 days a week) weight or traction technique physiotherapy exercises three weeks (21 days) after surgery and continue for up to one year.

The results of lengthening surgery are the joint responsibility of the surgeon and the patient. The surgeon performs the surgery, but the patient must faithfully complete the **weight or traction physiotherapy exercises** to achieve desired results. If you have had lengthening surgery, it may take exercising up to two hours a day, five days a week, for six months to one year before you see the complete results of this surgery. Daily post surgical physiotherapy exercises are paramount for achieving the best results. A slight amount of retraction can be normal during the healing process.

The device and instructions for practicing weight or traction physiotherapy exercises are provided to you by your surgeon. You need your surgeon's clearance, based on a post-op photo or visit, *prior* to starting physiotherapy with any stretching device.

Do not ever set the psi or pressure gauge device greater than 5, as this can cause damage to your graft.

Signature: _____ Date: ____/____/____

Section C Baths, hot tubs, showers, cleansing, wound & dressing care

Baths, hot tubs, showers & cleansing

☐ NO SHOWERS

Beginning after surgery

For at least two weeks (14 days)

It is very important to keep your bandages, dressings, and incisions **clean and dry** for a minimum of **two weeks (14 days) after surgery**. This minimizes the chance of infection. **Do not wash the surgical area during this time. It is very important not to shower or bathe during this time. Sponge baths are ok for the rest of the body, as long as you keep the bandages, dressings, and incision dry.**

☐ TAKE SHOWERS WITH TAPED CELLOPHANE

Beginning two weeks (14 days) after surgery

Until your sutures have disappeared

You may resume showering **fourteen (14) days after surgery if** you cover the surgical sites with cellophane wrap and tape. **You must cover the surgical area by taping cellophane wrap over the area when you shower.** After showering, clean and dress the area as instructed. **As long as you have exposed sutures**, do not get your wound wet. This is critically important for proper healing of the wound.

☐ TAKE FULL SHOWERS WITH NO CELLOPHANE

Beginning three weeks (21 days) after surgery

If your sutures have disappeared

You may resume normal showering without cellophane wrap 3 weeks (21 days) after surgery, **if you no longer have exposed sutures. Otherwise, you must wait longer, until your sutures are no longer visible.**

Sutures used in this type of surgery dissolve in the body, and do not need to be removed. It may take **up to three months** (90 days) for all sutures to completely dissolve. Your surgeon may give you additional instructions, depending on the type of sutures used.

☐ NO BATHS AND OTHER WATER IMMERSION

Beginning after surgery

Until six weeks (42 days) after surgery or longer if your sutures have not disappeared

Do not get into, immerse yourself, or soak in a hot tub, bathtub, or any other water or liquid until six weeks (42 days) after your surgery.

Wound & dressing care

☐ WEAR SURGICAL DRESSING AND BANDAGES

Beginning after surgery

For 10 days

Except for daily changing of the dressing, you must leave all surgical dressing and/or bandages in place, unless instructed otherwise. The surgical wrap must be worn day and night for a **total of ten (10) days after surgery.**

☐ **CHANGE DRESSING**

Daily, beginning after surgery

For 10 days (or as soon as possible if wet)

Your dressing must be changed every day **until instructed otherwise**. Follow your surgeon's recommendations.

Paint over the steri-strips with betadine and cover the wound with a clean, dry sterile dressing. Use hydrogen peroxide to clean around the wound. **Don't apply any peroxide or Neosporin directly to your surgical wounds. Your incision lines need to stay clean and dry to minimize infection.**

The steri-strips will come off as you start to shower in a few week. Do not peel them off.

Occasionally, urine will seep into the wrapping and around the penis, or your dressing may become wet for some reason. This does not warrant an emergency call to the doctor, as this is a common occurrence. However, **in this case, you should change the dressing as soon as possible.** If the wrapping makes urination difficult, please inform the office.

Always wash your hands before and after using the restroom or touching your penis. You do not want to transfer any bacteria to your penis.

☐ **SLEEP ON YOUR BACK IF POSSIBLE, AND ELEVATE THE PENIS AND SCROTUM**

Beginning after surgery

For two weeks (14 days)

Sleeping on your back and elevation of the penis and scrotum on a towel between your legs will help prevent soreness, swelling, and bruising.

☐ **WEAR BOXER SHORTS AND LOOSE-FITTING PANTS, WITH THE PENIS HANGING DOWN**

Beginning after surgery

For four weeks (28 days)

Boxer shorts should be worn for 4 weeks (28 days) after surgery. As long as needed for comfort, wear loose-fitting pants, and let the penis hang free.

☐ **AVOID SUN EXPOSURE**

Beginning after surgery

For six months (180 days)

Avoid tanning or sun exposure to surgical sites **for 6 months (180 days) after surgery**. Sun exposure may cause permanent hyper pigmentation (darkening of the skin). Avoiding sun exposure also speeds your healing and minimizes scarring.

Scarring is always a concern. The surgeon makes a small incision to minimize scarring. Your pubic hair will grow back **in 4 to 6 weeks** (28 to 42 days) and will hide most of the scar.

Signature: _____ Date: ____/____/____

Section D Follow up & contact information

☐ **REPORT ANY CONCERNS (SEE SECTION G)**

Immediately

Any concerns should be brought to your surgeon's immediate attention.

These include pain not relieved by the prescribed medications, any type of swelling, redness of the skin, infection, fever, extreme swelling, bleeding, extreme warmth in the surgical area, insomnia, weakness, chills, incision drainage, wound separation or opening, pus in the wound area, and any other condition of concern. **Contact your surgeon immediately** by phone or e-mail, and send a digital photo by e-mail, or a Polaroid or other picture by overnight mail.

It is normal to experience mild swelling and /or purple spotting/bruising on the penis, pubic region, and/or scrotum after surgery. This will usually subside and fade away **within a week or two**. If you have an excessive amount of swelling and bruising, contact the office immediately.

☐ **MAKE FOLLOW-UP CONTACT**

Beginning after surgery

Up to twice a week for up to one year

After the surgery, you will be asked to contact the clinic periodically and follow up with your surgeon on a regular basis through personal office visits, telephone consultations, and/or e-mail communication. If you live too far from the clinic to make personal visits, you will be required to send an e-mail communication **twice a week**, with attachments containing photos of your surgical site.

☐ **CONTACT INFORMATION**

Please use the information below to contact Dr. Alexander Krakovsky, M.D., Ph.D.

Phone numbers

Office 858.551.9502

Fax 858.551.9503

E-mail

doctor@penilecosmeticsurgery.com

Address

Penile Cosmetic Surgery Center

El Patio Building

7946 Ivanhoe Avenue, Suite 106

La Jolla, CA 92037

Section E Foods to avoid *caution*

The following foods contain salicylates which affect blood clotting. **These foods should not be eaten for two weeks prior to surgery and for two weeks after surgery.**

FOODS TO AVOID	
Almonds	Nectarines
Apricots	Oranges
Berries	Peaches
Cherries	Pickles
Cucumbers	Plums
Currants	Prunes
Curry	Raisins
Grapes	Tomatoes & Tomato Products
Grape Juice	Vinegar
Jellies, Marmalades, Preserves	Wine

Section F Medications to avoid *caution*

□ PART I

The following pages list drugs that either contain aspirin and/or have undesirable side effects that may affect your surgery (for example, abnormal bleeding and bruising).

These drugs should not be taken for two weeks prior to surgery and for two weeks after surgery. If you need to take something for relief of minor pain, YOU MAY TAKE TYLENOL (or another “acetaminophen product”). Avoid any products containing aspirin and all blood thinners. Please let your surgeon know **immediately** if you are currently taking any of these medications. **Not taking prescribed medications can seriously affect your health.** You must discuss your medication list with your surgeon before surgery, and you might be asked to obtain medical clearance for your cosmetic surgery from your primary care physician. This clearance must include specific instructions on how to use the medications that you are currently taking.

MEDICATIONS TO AVOID		
A.S.A	Disalsid	Oxaprozin
A.S.A. Enscals	Dolobid	Pabalate
Advil	Dolprn	Pabalate-SF
Aleve	Dristan	Pabalate-SF Tablets
Alka-Seltzer	Easpirin	Pabizol
Anacin	Ecotin	Pamelor
Anaprox	Empirin with Codeine	Paragoric
Ansaid	Emprazil	Parnate
Argesic	Encaprin	Pepto-Bismol
Arthritis Pain Formula	Endep	Percodan
Arthritis Strength Bufferin	Equagesic	Percodan Demi
Arthropan	Etrafon	Persantine
Asperbuf	Excedrin	Persistin
Aspergum	Feldene	Phenylbutazone
Aspirin	Fiorinal	Ponstel

MEDICATIONS TO AVOID		
Aspirin A/D	Flexeril	Propoxyphene Compound 65
Aspirin Extra Strength	Gaysal-S	Relafen
Aspirin with Codeine	Gemnisin	Rexall
Atromid	Indomethacin	Robaxisal
Axotal	Lanorinal	Rufen
Azolid	Lioresal	Ru-tuss
BC Tablets and Powder	Lortab	SK65 Compound
Bayer Aspirin	Magsal	St. Joseph's Cold Tablets
Bayer Aspirin Maximum	Marnal	Saleto
Bayer Children's Tablets	Measurin	Salocol
Bextra	Medipren	Sine-Aid
Buf Tabs	Methcarbamol with Aspirin	Sine-Off Sinus Medicine
Buff-A Comp	Micrainin	Sulindac
Buff-A Comp No. 3	Midol	Surmontil
Bufferin Arthritis Strength	Mobic	Synalgos
Bufferin Extra Strength	Mobidin	Tagamet
Bufferin with Codeine No. 3	Mobigesic	Talwin Compound
Buffinol	Momentum Muscular Backache Formula	Tenuate Dospan
Butazolidin	Motrin	Tolecin
CP-2 Tablets	Nabumetone	Tolectin
Cama Arthritis Pain Reliever	Nalfon	Tolmetin

Signature: _____ **Date:** ____/____/____

Section F Medications to avoid *caution*

MEDICATIONS TO AVOID		
Carisoprodol	Naprelan	Toradol
Cataflam	Naprosyn	Triaminicin
Celebrex	Naproxen	Triavil
Cheracol	Neocylate	Trigesic
Chlortrimeton	Neolin	Trilisate Tablets and Liquids
Congesprin Chewable	Nicobid	Ultram
Cope Tablets	Nilain	Uracel
Damason P	Norgesic	Vanquish
Darvon Compound	Norwich Aspirin	Voltaren
Darvon Compound – 65	Nuprin	Xomax
Darvon with A.S.A.	Oraflex	Zomax
Darvon N with A.S.A.	Orudis	Zorprin
Diclofenac	Oruvail	
Di-Gesic	Os-Cal Gesic Tablets	

□ PART II

In addition to some of the drugs listed in Part I, the drugs listed on the next page have undesirable side effects that may affect your psychological and/or emotional state.

These drugs should not be taken for two weeks prior to surgery and for two weeks after surgery. Please let us know if you are currently taking any of these medications. If you need to take something for relief of minor pain, YOU MAY TAKE TYLENOL (or another “acetaminophen product”). Avoid any products containing aspirin and all blood thinners. Please let your surgeon know **immediately** if you are currently taking any of these medications. **Not taking prescribed medications can seriously affect your health.** You must discuss your medication list with your surgeon before surgery, and you might be asked to obtain medical clearance for your cosmetic surgery from your primary care physician. This clearance must include specific instructions on how to use the medications that you are currently taking.

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MEDICATIONS TO AVOID		
Amitriptyline	Indocin	Perphenazine
Amoxapine	Isocarboxazid	Phenelzine Sulfate
Carbamazepine	Lexapro	Phentermine
Celexa	Limbitrol	Procarbazine HCL
Clinoril	Ludiomil	Protriptyline HCL
Comtrex	Maprotiline HCL	Prozac
Desipramine HCL	Marplan	Senequan
Doxepin HCL	Matulane	Tranlycypromine
Elavil	Nardil	Tricyclic Antidepressants
Elevil	Nicorette (gum or patch)	Trimipramine maleate
Eutonyl	Nortriptyline HCL	Vivactil
Eutronyl	Novahistamine	Zoloft
Ibuprofen	Paxil	
Imipramine HCL	Paxil CR	

□ PART III

In addition to the medications listed in Parts I and II, there is a separate section in the PT&G dealing with the need to avoid taking anabolic hormones or steroids (body builders), testosterone, and/or any other products designed to improve sexual performance, whether it be a prescription drug, such as Viagra and Cialis, an herbal supplement, or any other substance that directly or indirectly increases the amount of testosterone in the body or increases sex drive. **These products are very dangerous for this surgery, and must be avoided from two months before surgery until two months after surgery. Notify your surgeon immediately if you are taking any of these products.**

Signature: _____ Date: ____/____/____

Section G Infection *caution*

Infection complications can occur after any surgical procedure, including penile cosmetic surgery. These complications occur in about 3% to 4% of our patient population. You must inform the office immediately, and see your surgeon for emergency consultation, if you notice any of the following changes that can signal infection: redness of the penis, pain, opening of the wound, fluid coming from the incision areas or from the skin, or pus (infected fluid that is a white/gray/green color) coming from the incision areas and/or from the skin. The surgeon will outline the necessary treatment at that time. Usually, the patient takes antibiotics prescribed by the surgeon, and undergoes a surgical procedure to treat the existing infection. The surgical procedure consists of several steps. First, the wound is cleansed, and a drain is inserted. The drain must be flushed regularly with an antibiotic solution for five to seven days. After this time period, the drain must be removed. Next, the surgeon must follow up with the patient for two weeks. If the infection has not cleared up by that time, the graft must be removed. If the graft is a DFG, the success rate for saving the graft is about 80%. If the graft is AlloDerm®, the success rate for saving the graft is about 20%.

Section H Retraction *caution*

Penile retraction following lengthening surgery occurs in approximately 4% to 5% of all patients undergoing the lengthening procedure. This percentage applies to lengthening surgeries, as well as combination surgeries, such as Penile Dual Augmentation™ and Penile Triple Augmentation™. **The reason that retraction occurs is that patients do not follow our rules and regulations related to follow up care. In our protocol we clearly describe the necessity for post-surgical physiotherapy stretching exercises, using the recommended stretching device, for at least six months after surgery. The optimal time frame is one year after surgery. Completing this stretching exercise program makes the length gain you enjoyed immediately following surgery permanent. If you do not follow these stretching exercise program instructions, you will either develop retraction, meaning that your penis will actually become shorter, or you will not gain any penile length as a result of the surgery.**

We have developed a medical and surgical treatment for this type of patient. You must contact our office immediately if this condition develops. You must then undergo medical treatment that includes cortisone injections into the suprapubic area, as well as very intensive physiotherapy stretching exercises. If this treatment does not bring enough satisfaction, we offer surgery that includes reconstruction of the suprapubic area and excision of scar tissue. As discussed previously in the *Risks and Potential Complications that may occur with Surgery* document, a very small percentage of the patient population (about 1% to 2%) develops keloid scar tissue in this area. For some populations, this percentage can be up to 15 times higher. For patients with keloids, there is no medical or surgical treatment for retraction available at this time.

AlloDerm® is a registered trademark of LifeCell Corporation.

Penile Dual Augmentation™ is a trademark of Alexander Kravovsky.

Penile Triple Augmentation™ is a trademark of Alexander Kravovsky.

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Section I Penile Weights *caution*

Although the penile weights used in this program are very safe when used properly, there are potential risks, such as bruising or injury to tissue or nerves. Therefore, it is extremely important that you do not use the weights if they are causing penile discomfort or changes in the normal penile temperature, color, or tactile sensation. If any of this occurs, stop using the weights, and contact your surgeon.

Signature: _____ Date: ____/____/____

