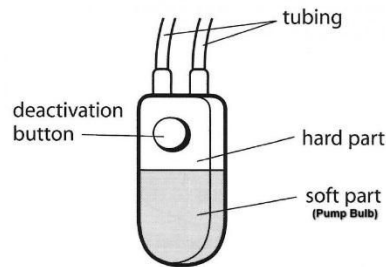


Artificial Urinary Sphincter (AUS) Surgery

What is an AUS?

An artificial urinary sphincter is a device that is surgically placed to help with urinary incontinence. The device is filled with saline and uses the fluid to open and close a cuff surrounding the urethra. When you need to urinate, you squeeze and release the pump in the scrotum to remove fluid from the cuff. When the cuff is empty, urine can flow out of the bladder. The cuff automatically refills in a few minutes squeezing the urethra closed to restore bladder control, mimicking natural urinary control. This surgery is a good option for men with adequate dexterity who are not able to control their incontinence with less invasive methods.



Before surgery

1. You will be asked to attend a pre-surgical testing appointment. There they will make sure you have all the appropriate testing done prior to surgery. This may include urine and blood testing.
2. If your surgeon required medical or cardiac clearances, make sure this information has been faxed to the surgical schedulers prior to your surgery date. You need to complete all clearances one week before surgery.
3. If you currently on blood thinners (aspirin, Plavix, Coumadin, etc), you will be asked to stop them 5-7 days before surgery. Please discuss this with the doctor that prescribes this to you.
4. You will need to use Hibiclens wash from the neck down 3 to 4 days prior to surgery. You can buy Hibiclens at your local pharmacy; if you cannot purchase Hibiclens, any antibacterial soap is okay.
5. You will need underwear that provide scrotal support. We recommend a tight spandex underwear, these can be bought at sporting goods stores, Walmart, etc.

After surgery

1. You will most likely spend one night in the hospital. You may have a foley catheter and a drain which will be removed prior to your discharge

2. You will need to limit your activity for the first week after surgery. Lay or recline as much as possible for the first three days, walking is okay. Its ok to resume light activity the second week after surgery.
3. You can shower 48hrs after surgery. Allow soap and warm water to run over your incisions. Do not submerge in a bath for 4wks.
4. You may experience some pain and discomfort, especially in the first two weeks after surgery. Take your pain medication as prescribed and use over the counter anti-inflammatory medications for pain control. You can also use ice packs, 10 minutes on 10 minutes off.
 - a. Be aware that some prescription narcotics contain Tylenol. If your prescription contains Tylenol, do NOT take additional doses of Tylenol. NSAIDs are okay (Ibuprofen, Aleve, etc.).
5. Use good scrotal support to keep your penis pointed up towards your belly button and scrotum elevated (tight boxer briefs or spandex underwear) to relieve pain and swelling.
6. Take an over the counter stool softeners and/or laxative (Colace, Miralax, etc.) while you are using pain medication, as they can make you constipated. Take as directed on the bottle. Sitting for long periods of time on the toilet and straining to use the bathroom can extend healing time.
7. Your surgeon will send you home with antibiotics. Take all of your antibiotics as directed until you finish all the pills.
8. Do not drive while taking prescription pain medication. If you do not require narcotic pain medication, you have to wait 48 hours after surgery to drive.
9. No heavy lifting or strenuous activity for 6wks after surgery.
- 10. It is very important that you gently message or pull the pump down to the dependent aspect of the scrotum so it heals appropriately.**
11. It is important to wear pads and keep incisions and dressings clean during this time as you continue to leak urine.
12. Do **NOT** attempt to activate the device yourself until cleared by the MD.
13. Call the office or go to the emergency room if you experience fevers greater than 100.5, chills, nausea, vomiting, bleeding from surgical site, blood in the urine or you are unable to urinate.
14. You will follow up for an initial post op visit at 2 weeks and again at 6 weeks.

*****We also recommend purchasing a medical device bracelet, in case of an emergency, first responders and hospital staff will know that you have this device in place****

**You can purchase medical alert bracelets at:
www.americanmedical-id.com**

If you have any unanswered questions, please contact the office at (440) 887-9139