

Urology Associates of Rochester, LLC

995 Senator Keating Blvd, Building E, Suite 330
Rochester, NY 14618

Artificial Sphincter

Artificial sphincter is a surgical procedure that involves the insertion of a prosthesis to control urination.

PREPARING FOR SURGERY: THINGS YOU SHOULD KNOW

1. Generally, you will be hospitalized for 24 hours after your surgery.
2. If you are on coumadin, herbal supplements, aspirin, ibuprofen or drugs for arthritis or inflammation, please make sure our office is aware.
3. If you take blood pressure, thyroid, or seizure medication, you may take it with a sip of water the morning of your surgery.
4. If you take antibiotics prior to dental work or have an orthopedic prosthesis, or you were told by another physician to take antibiotics prior to surgery please call the office.
5. No eating or drinking after midnight the night before your surgery except for blood pressure or other medications as mentioned above.
6. No alcohol 24 hours prior to surgery.
7. We suggest you wear comfortable clothing.
8. You will be receiving anesthesia for this surgery. You will see an anesthesiologist who will discuss this with you prior to your surgery.

RECOVERING FROM SURGERY: WHAT TO EXPECT

1. You will be in the hospital for about 24 hours after surgery.
2. When you wake up from surgery you will have a catheter (a tube which drains the bladder). This tube will be removed before you go home.
3. You will go home with the sphincter deactivated, so you will notice no change in urination. Your sphincter will be activated in 6 weeks.

**David P. Dever, MD · Laurence A. Donahue, MD · Beng Jit Tan, MD
Brian Adcock, RPA-C · Paul Scheib, RPA-C**

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INSTRUCTIONS: POST ARTIFICIAL SPHINCTER

DIET:

1. It is okay to eat or drink whatever you want.
2. We encourage you to increase your fluid intake.

ACTIVITY:

1. It is okay to shower. No bathing until seen by the doctor.
2. You will need to take sitz baths twice a day for the first week.
3. It is okay to climb stairs when discharged from the hospital.
4. Walking is good exercise, which improves circulation. Do not over do it! Go easy at first and slowly increase the distance, as you feel better.
5. Avoid any heavy lifting or strenuous exercise for at least 4-6 weeks as directed by your physician.

DRIVING: No driving for 3-5 days.

ANTIBIOTICS: You have been given a prescription for antibiotics to take at home when discharged from the hospital. Please make sure you take all of your antibiotics.

INCISION SITE: You may notice some redness, swelling and tenderness. This is normal. If you notice any burning on urination, or blood in the urine, please call the office.

SEXUAL ACTIVITY: None for 6 weeks.

BOWELS: One should avoid straining during a bowel movement. You may be given a stool softener to promote regular bowel movements, or you may elect to use Metamucil, or add fruits and vegetables to your diet. Milk of Magnesia 30 cc is recommended if your stools are hard or if you feel constipated.

FOLLOW-UP: Our office staff will call you to make a follow-up appointment in our office in about 2 weeks.

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You may experience burning on urination due to the Foley catheter insertion during surgery. This will resolve in several days.

If you experience auto-inflation of the device during the first six weeks, please call the office. If you have any questions or concerns, please call us at **(585) 232-2980**.

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