

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 THE PROCEDURE: THINGS YOU SHOULD KNOW

1. You will be admitted to the hospital the day of your surgery. Generally, you will be hospitalized for 24 hours after your surgery.
2. If you are on IBUPROFEN or drugs for ARTHRITIS or INFLAMMATION, please discontinue five days before the procedure. If you are on ASPIRIN or aspirin products, please discontinue two weeks before the procedure. If you are on HERBAL SUPPLEMENTS, please discontinue one week before the procedure.
3. If you are on COUMADIN, please consult your primary care physician or cardiologist before discontinuing.
4. If you take antibiotics prior to dental work, have an orthopedic prosthesis or were told by another physician to take antibiotics prior to surgery, please call the office.
5. If you take blood pressure, thyroid or seizure medication, you may take it with a sip of water the morning of your surgery.
6. No eating or drinking after midnight the night before your surgery except for medications as mentioned above.
7. No alcohol 24 hours prior to surgery.
8. We suggest you wear comfortable clothing.
9. You will be receiving anesthesia for this surgery. You will see an anesthesiologist who will discuss this with you prior to your surgery.

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RECOVERY: 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 may experience burning on urination due to the Foley catheter insertion during surgery. This will resolve in several days.
4. You will go home with the sphincter deactivated, so you will notice no change in urination. Your sphincter will be activated in 6 weeks..

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

DRIVING:

No driving for 3-5 days.

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SEXUAL ACTIVITY:

None for 6 weeks.

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.

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. 30 cc of Milk of Magnesia 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.

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