

Artificial Urinary Sphincter (AUS)

The artificial urinary sphincter is designed to keep your urethra (urine channel) closed until you want to pass urine. There are three main parts connected with flexible tubing:

- A cuff around the urethra
- A balloon
- A pump

After Surgery

- Expect to stay in the hospital for one night.
- Your AUS will not be activated for 4-6 weeks to allow time for the incisions to heal.
- It is normal to have pain, swelling, and numbness of the wound and area around it.
- Mild bruising and swelling in the penis and scrotum are also normal.

Pain Relief

You may have pain for 1-3 weeks. This is common. Take pain pills to keep pain level low. Your doctor will order pain pills for you.

To help decrease pain and swelling, use an ice pack or bag of frozen vegetables wrapped in a towel on your wound. Use the ice pack on for 20 minutes on and 20 minutes off. You may also want to use a rolled up wash cloth or towel to raise your swollen scrotum.

Incision Care

Expect the wound to be pink, swollen, and numb. It is normal to have a bruised penis shaft and a swollen scrotum.

- Leave bandage on for 2 days. Then, remove it and look at your wound daily for signs of infection.

- Wear a scrotal support for a week after surgery to decrease swelling.
- Wear a gauze pad or Band-Aid® if your wound is draining, rubbing on your clothes, or is in a skin fold. Change the Band-Aid® at least once each day and if it gets wet.
- Do not use lotion, powder, or ointment on the wound.

Signs of Infection

- Increased redness and warmth.
- Increased swelling.
- Fever over 100.5°F for 2 readings taken by mouth 4 hours apart.
- Pus-like drainage or excess blood.

Bathing

Keep the wound dry for the first 2 days. Then, you can take a sponge bath or cover it with plastic wrap during a shower. You may shower without the wrap 4 days after surgery. Do not soak in a hot tub, bathtub, or swim for at least 2 weeks, until it is healed.

Preventing Constipation

A diet with enough fiber and water may prevent constipation. Eat a balanced diet each day to include:

- 10 (8 oz.) glasses of fluids a day (water, juice, tea.)
- At least 4 servings of fruits or vegetables.
- At least 2-4 servings of whole grain bread or cereal.

You may want to increase fiber in your diet slowly to avoid bloating and gas. You may need to use a stool softener and/or a bulk fiber laxative to prevent problems. You can buy these over-the-counter. Follow the package directions.

Activity

- Do not lift more than 10 lbs. for 4 weeks.
- You may drive a car after 2 weeks.
- Ask your doctor about going back to work.

Follow-up

You will have a follow-up visit in about 2 weeks. This is scheduled before you leave the hospital.

When to Call

- Signs of infection.
- Pain not controlled with pain pills.
- Nausea or vomiting that does not go away.
- Low urine output.
- Trouble passing urine.
- Severe burning when you pass urine.
- Blood in the urine.
- Increasing swelling in the penis or scrotum.

Who to Call

Urology Clinic
(608) 263-4757

Nights, weekends and holidays this number will be answered by the paging operator. Ask for the urology doctor on call or the doctor on call for Dr. _____.
Give your name and phone number with area code. The doctor will call you back.

The toll-free number is: **1-800-323-8942**.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright ©6/2023. University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#5938.