

## Post-Operative Care Instructions: Frenulopasty

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### **What to expect:**

- Local anaesthetic will be administered during the surgery, so that you are comfortable when you wake. This will wear off over a number of hours, so you may notice some discomfort. You will be prescribed pain medications. Some pain/discomfort is expected for around 6 weeks
- Bleeding will likely be present from the wound for at least a few days, but may take longer to resolve. Try to leave the dressings in place for 24-48 hours or as advised by your surgeon
- Penile sensitivity is common following surgery and usually resolves within 6 weeks, but may take longer
- Some swelling and redness is to be expected around the wound as it heals. This typically resolves in 6 weeks but may take longer in some cases
- Suture material is dissolvable and in some cases take up to three months to fall off.

### **Return to activity:**

- Driving – no driving for at least 24 hours and until you're comfortable to do so
- Work - you will require some time off work; the duration will depend on your occupation. You should plan to have at least one week off
- Lifting – avoid heavy lifting for 2 weeks following your procedure to minimize secondary bleeding
- Activities – walking is fine and encouraged following your procedure, however you should avoid strenuous activity for 4 weeks following your procedure
- Sex – avoid for 4-6 weeks.

### **Pain Management:**

You may take your prescribed pain medications, or ibuprofen or paracetamol if you are experiencing discomfort.

### **Head to your nearest hospital emergency department if you have:**

- Severe bleeding that cannot be controlled with light compression
- Progressive and expanding swelling of the wound (this may indicate bleeding)
- Inability to urinate (this is uncommon)
- Fevers, chills or shakes (may indicate infection).

### **Follow-Up Information:**

Our rooms will arrange a follow-up appointment with your urologist typically 6-8 weeks after your procedure

Your follow-up appointment is on: \_\_\_\_\_ at \_\_\_\_\_.

### **Contact Information:**

If you have any questions or concerns that are not addressed here or in the procedure information available on our website [melbourneurologycentre.com.au](http://melbourneurologycentre.com.au) contact our rooms on 1300 702 811 or [reception@urodoc.com.au](mailto:reception@urodoc.com.au)