

# Dr. Terlecki's Preoperative/Postoperative Instructions For

## Insertion of Artificial Urinary Sphincter (AUS)

### Prior to surgery:

1. For **TEN DAYS PRIOR** to surgery, no medications that thin the blood. These include aspirin and aspirin-containing products (e.g. Excedrin), ibuprofen (e.g. Advil, Motrin), naproxen (e.g. Aleve), Plavix, Fish Oil. Also try to avoid green tea. Some drugs like Coumadin, Xarelto, Pradaxa, and Eliquis can be held for **FIVE DAYS PRIOR**. For patients who use Coumadin (warfarin), the INR must be less than 1.4 on the morning of surgery.
2. For the three days leading up to surgery, shower daily with Hibiclens soap (seen in the image below and available over the counter at most drug stores) and scrub the genital area thoroughly.



### What to expect:

1. Following surgery, you are to be admitted for **overnight observation**. There will be a temporary bladder catheter that is placed during surgery. Cool compresses may be applied to the scrotum following the operation.
2. Intravenous antibiotics will be given during your stay and additional oral antibiotics will be given upon discharge.
3. Pain medication will be given as needed both in the hospital & upon discharge.
4. Diet will be advanced as tolerated.
5. One you demonstrate that you can urinate following the removal of the catheter; you will be allowed to return home.

**While at home:**

1. Mild bruising and/or swelling may be seen. Continue cool compresses (e.g. bag of frozen vegetables) to the scrotum as necessary.
2. Wear the provided athletic supporter.
3. Take the antibiotics as prescribed.
4. Avoid any agents that thin the blood for at least 48 hours. These include aspirin and aspirin-containing products (e.g. Excedrin), ibuprofen (e.g. Advil, Motrin), naproxen (e.g. Aleve), Plavix, Coumadin, Fish Oil.
5. You do not have any lifting restrictions and may advance activity as tolerated.
6. Showers are permitted starting 48 hours after surgery but NO baths, pools, or hot tubs for 4 weeks.

**Plan for follow-up:**

1. You will be 30 days after your date of (typically by our Nurse Practitioner) for device activation.
2. If you experience fever, drainage from the incision site, worsening swelling or discoloration, blood in the urine, or any other cause for concern, call the Urology Clinic (336-716-4131). If not during business hours, you may contact Wake Forest Baptist Medical Center and ask to speak to the Urology resident on call. Alternatively, you may go to the ER for evaluation.

## **BLOOD THINNER POLICY**

As discussed at today's appointment, you will be undergoing a procedure in which I would like you to be off of blood-thinning medications. Please discuss this with the medical provider responsible for instructing you on the use of this medication. This may be your **primary physician or a cardiologist**. Please have them provide you with a copy of clearance to hold your blood-thinning medication for the requested length of time and to also forward a copy to my office. If they are within our system, we can request the clearance to be sent electronically.

**STOP THESE MEDS TEN (10) DAYS PRIOR TO THE PROCEDURE:**

**Aspirin (ANY dose)**

**Ibuprofen** (e.g., Advil/Motrin)

**Naproxen** (e.g., Aleve)

**Meloxicam** (Mobic)

**Diclofenac** (Voltaren)

**Fish Oil**

**Plavix** (clopidogrel)

**STOP THESE MEDS FIVE (5) DAYS PRIOR TO THE PROCEDURE:**

**Coumadin (warfarin):** INR must be **BELOW 1.4** on the morning of surgery.

**Eliquis**

**Pradaxa**

**Xarelto**

If you have any questions about this, please contact my office at 336-716-4131.

Sincerely,

Ryan P. Terlecki, MD

Wake Forest Baptist Health

Department of Urology