

# Artificial Urinary Sphincter (AUS)

## Patient Guide

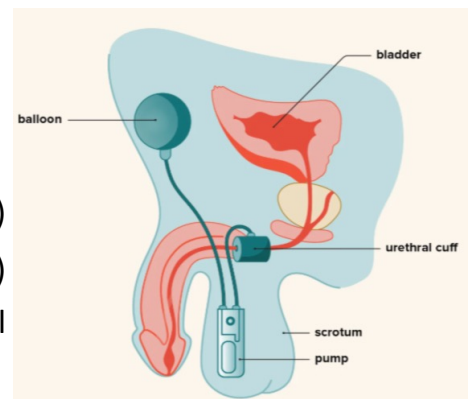
An **'artificial urinary sphincter' (AUS)** is an excellent choice for men with significant urinary incontinence that inhibits his quality of life. It is an implantable device that enables you to hold your urine until you have a desire to urinate.

### Prior to Surgery

- At your clinic visit, your surgeon will review with you (1) your anatomy, (2) the device in detail, (3) manual dexterity required for successful device operation, and (4) risks and benefits of the procedure.
- Up to 4 weeks before your procedure, your surgeon will collect a urine culture to ensure there is no UTI. If so, he/she will prescribe an antibiotic to start within the week prior to surgery.
- If you take any blood thinners (ie: Xarelto, Eliquis, Aspirin), please discuss with your surgeon prior.
- The hospital will call you 1-2 days prior to surgery to confirm arrival time and location.
- No eating or drinking after midnight prior to your procedure unless otherwise instructed.
- Your surgeon will meet you in the pre-operative area before surgery and review consent.

### During Surgery

- Your procedure requires ~2 hours of general anesthesia.
- You will have 2-3 incisions during your surgery: (1) perineal incision (between scrotum and anus) and (2) ~4cm horizontal incision above pubic hair line. You will have a catheter draining your bladder overnight.



# Artificial Urinary Sphincter (2)

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### After Surgery

<b>Device activation</b>	Your device will be activated at your 6 week post-operative appointment. You will continue to leak until this appointment. This allows your body to heal. You will be taught how to use 6-week before surgery and at your 6 week appointment.
<b>Pain</b>	Most people report a dull ache around the incision under the scrotum. You may place ice 20min on/off on the sore sites for 48 hours. You will be prescribed a pain medication that can be alternated with Tylenol 650mg or ibuprofen 200mg with meals as needed.
<b>Incision care</b>	After surgery, there will be a dressing with mesh underwear or scrotal support. This can be removed day after surgery. The stitches and glue will dissolve on their own.
<b>Activity</b>	You may walk and climb stairs. You may perform household duties. Avoid strenuous activity (running, jogging, biking) and heavy lifting (>10 lbs) for 4-6 weeks.
<b>Bathing</b>	Starting 48 hours after surgery, you may shower daily. Do not scrub your incisions, let the water pass over your incision. Tap dry and replace gauze. No bathtubs, jacuzzies, or swimming pools for at least 4 weeks after surgery.
<b>Diet</b>	You may have a decreased appetite after surgery. You may resume your normal diet gradually. Avoid constipation. Please take docusate or miralax for 4 weeks.
<b>Driving</b>	May resume driving 48 hours after surgery if not taking any pain medications.
<b>School/Work</b>	You may return to work/school 1 week after surgery.
<b>Intercourse</b>	Please refrain from intercourse for 6 weeks to prevent damage to surgical site.
<b>When to call</b>	Please call your surgeon (or in severe cases, present to the ER) if any of the following occur: <ul style="list-style-type: none"><li>❖ you have a fever &gt;101 F</li><li>❖ you cannot have a bowel movement within 3-5 days</li><li>❖ you have leg swelling</li><li>❖ you experience shortness of breath or chest tightness</li><li>❖ your pain is not controlled with medication</li></ul>
<b>Follow-up</b>	We will see you in clinic in 2 weeks for your first postoperative appointment. Please call our office if you do not have an appointment already.