

Robert Louton, MD

BLAIR PLASTIC SURGERY

ESCUTCHEONECTOMY AND PENILE RECONSTRUCTION

1. **DO NOT** sunburn or suntan the surgical area one month before procedure.
2. Walk bent over from waist for 7 days. May walk completely upright within one week.
3. You will be an inpatient at the hospital for 2-5 days.
4. Sleep flexed with pillows behind back and under knees or with hospital bed in flexed position.
5. You will need to sponge bath until instructed that you may return to showering. This is to protect your flap or graft.
6. You may have penrose drains in your abdominal incision. This is a passive drain that the drainage will need to be collected in a dressing. Change the dressing or pad twice daily or more frequently if needed.
7. If bleeding occurs, hold pressure over the abdominal incision. If bleeding persists, notify Dr. Louton immediately. If excessive bleeding occurs from graft or flap site, notify Dr. Louton immediately.
8. Use prescribed prescriptions for pain as directed.
9. Paper tape is applied to your abdominal incision. Keep it dry and in place until you are given permission to shower.
10. Avoid exercise or exertion for 30 days.
11. Finish antibiotics.
12. No Sexual activity for 6 weeks.
13. Watch the area for any signs of infection as listed below.
14. No exertion or lifting for 2 weeks.
15. You may begin gentle walking 1 mile a day after 2 weeks.
16. No exercising for 1 month.

Signs of Infection

- If wound becomes red, swollen, tender or hot to touch.
- If red streaks are seen coming from the operative area.
- If you develop a fever.
- If the wound breaks open or being draining.
- If there is a constant or increasing pain at wound site.

Please notify Dr. Louton for any problem day or night at (814) 949-7280.