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: a cuff around the urethra, a balloon, and a pump. These all connect with flexible tubing.

After surgery

- Expect to stay in the hospital for one night.
- Your AUS will not be activated for 4-6 weeks. This allows time for the incisions to heal.
- You may have pain for 1-3 weeks. This is common. Take pain pills to keep pain level low.
- Mild bruising and swelling in the penis and scrotum is normal.

Pain Relief

It is normal to have pain, swelling, and numbness of the wound and area around it. Your doctor will order pain pills for you. You may use an ice pack or bag of frozen peas or corn wrapped in a towel on your wound. Use the ice pack on for 20 minutes at a time. Then take it off for 20 minutes. Use of the ice pack will help to decrease pain and swelling. You may want 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.

1. Leave bandage on for 2 days. Then, remove it and look at your wound daily for signs of infection.
   - Increasing redness or warmth
   - Increase swelling
   - Temperature by mouth above 100.5°F for 2 readings taken 4 hours apart
   - Pus-like drainage or excess blood

2. Wear a scrotal support for a week after surgery to decrease swelling.
3. 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.
4. Keep the wound dry for 2 days. Take a sponge bath or cover it with plastic wrap during a shower. You may shower without the wrap after 2 days. Do not soak in a hot tub, bathtub, or swim until it is healed, this may be at least 2 weeks.
Prevent Constipation

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

- 10 (8 oz.) glasses 8 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. Buy these over the counter. Follow package directions.

Activity

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

Follow-up

- Plan for a follow-up visit in about 2 weeks. This is made before you leave the hospital.

When to call your Doctor

- Temperature greater than 100.5° F by mouth for 2 readings taken 4 hours apart
- 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

Phone Number

Urology Clinic: (608) 263-4757
Nights/Weekends/Holidays this connects to the message center. 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.

Toll Free: 1-800-323-8942

Spanish #7337

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 ©10/2015. University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#5938.