

Seek medical advice from your healthcare team if you experience:

- ▶ Persistent bleeding from the wound.
- ▶ Uncontrolled pain.
- ▶ A high temperature and shaking or feeling as if you have a bad cold which could be a sign of infection.
- ▶ Prolonged swelling, redness or a foul smelling discharge from around your wound site which could indicate localised infection.

PLEASE REFER TO THE MAIN BOOKLET FOR FURTHER ADVICE AND ADJUSTING TO LIFE AFTER SURGERY

Important contact numbers

Specialist Nurse contact no:

District Nurse contact no:

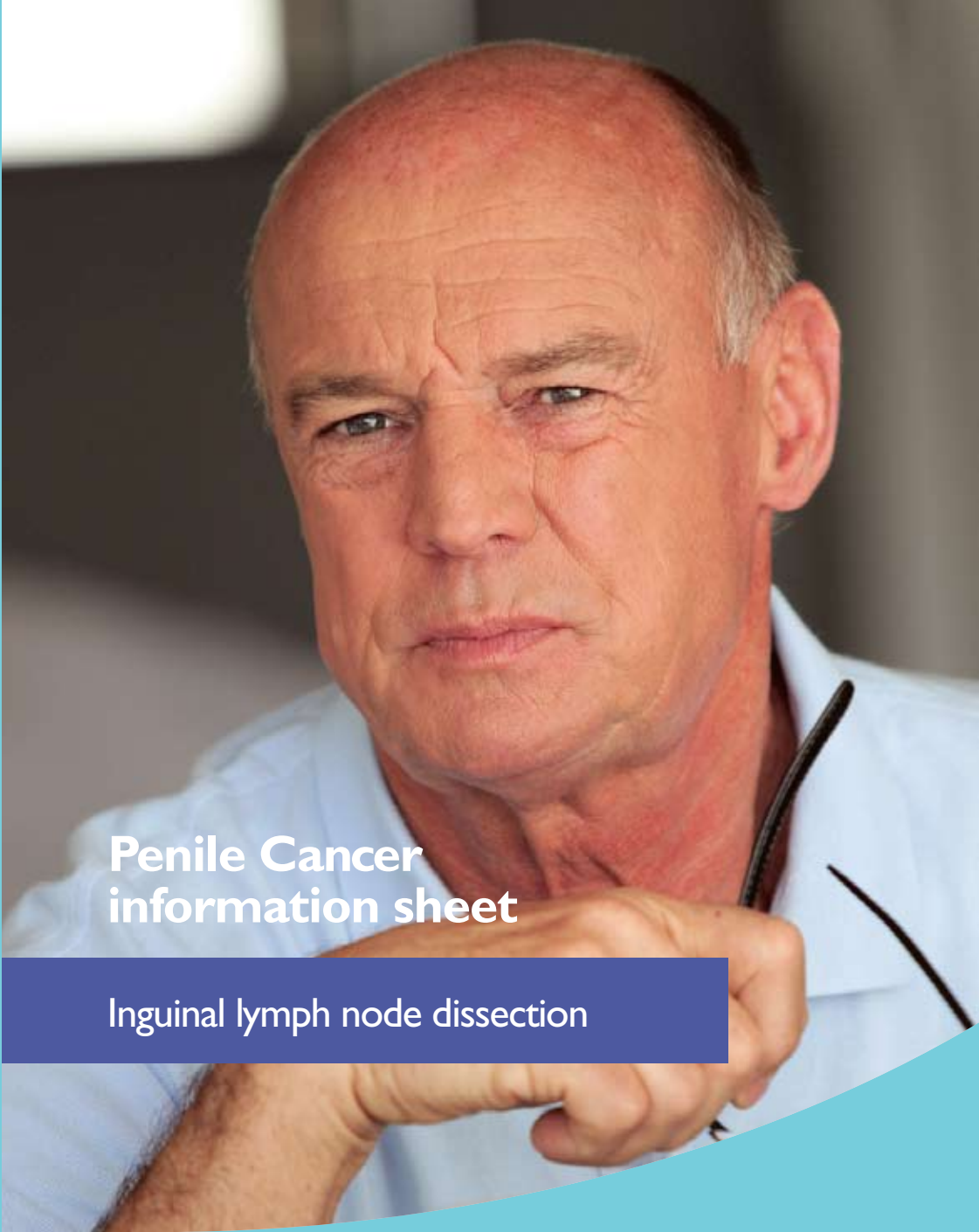
Always make sure that you have the contact details of your specialist team to hand should you need to contact them prior to your follow up appointments.



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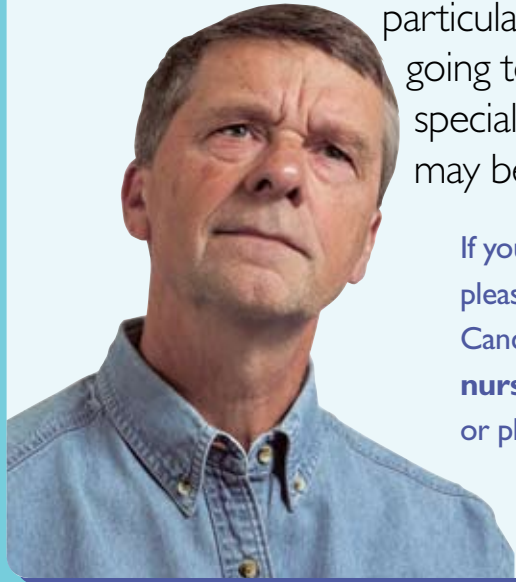
Penile Cancer
information sheet

Inguinal lymph node dissection

For further information on life after treatment, please refer to the main booklet.

Orchid is dedicated to supporting men with a diagnosis of penile cancer. This information sheet describes the

particular treatment that you are going to have along with any special care and tips we think may be helpful.



If you would like to know more, please contact the Orchid Male Cancer Information Nurses; email nurse@orchid-cancer.org.uk or phone 0203 465 6105.

Inguinal (groin) lymph node dissection

This is a major operation and involves removing the lymph nodes from one or both sides of your groin if it is found that they contain cancer. It will be performed under an anaesthetic and will typically take 2 - 3 hours to complete. An incision into the groin is made and the lymph nodes are removed. Your specialist team will discuss this operation fully with you.

After surgery

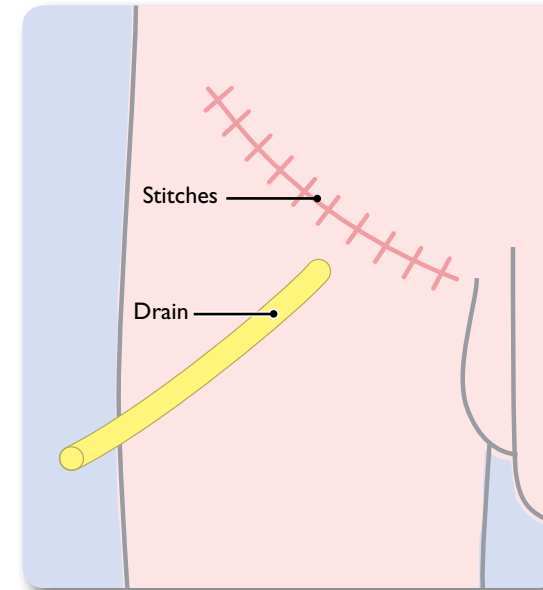
- Painkillers will be given on a regular basis. Strong painkillers may be administered directly after your operation while a combination of tablets such as Ibuprofen and Paracetamol usually work well to reduce pain and inflammation in the longer

term. It is important that you take the painkillers regularly and not just when you have pain. Always read the instructions for any painkillers that you take.

- Excess blood or fluid may gather around the operation site and you will usually have a small plastic tube called a wound drain inserted near to the operation site which will allow these substances to drain out naturally and allow healing to take place. It is usually removed after 2 weeks but may need to remain in place for up to a month.
- It will take some time for your body to fully recover from this operation and you will need to take things easy for 4 - 6

weeks after surgery. You may need to wear anti embolism stockings (anti blood clot or TED stockings) to protect the circulation in your legs for some time after your operation.

- An appointment will usually be made for 2 weeks after to check the wound is healing satisfactorily. Your treatment unit should refer you to a community nurse who can visit you at home and check your wounds to make sure they remain clean and healthy and to detect any possible infection.
- The wound will have dissolvable stitches which will take 4 - 6 weeks to gradually dissolve.



Tips for surgery

- Always ask your specialist exactly what the surgery will involve and what to expect after the operation.
- Plan ahead with regard to time off work and allowing for the healing process.
- Try and maximise your health prior to the operation by eating good quality foods. Foods containing protein are good for the healing process and juices such as orange juice help wounds to heal. It may also be a good idea to take a multivitamin tablet for a while before your operation and a short time after it.
- Try and take steady exercise prior to your operation. Walking until you are slightly out of breath will help your lungs keep healthy which will help them adjust to an anaesthetic.
- Try and get into the habit of moving your feet at rest and not crossing your legs. This will help prevent possible blood clots in your legs while you are perhaps not as mobile as you were prior to the operation.

Follow up

It will usually take 1-2 weeks for the results of the tissue that has been removed to be analysed by a specialist tissue doctor and a further follow up appointment will usually be made at around this time, where, any further treatment that you may need will be discussed with you and planned.

Lymphoedema

This is a condition that may occur following surgery to the groin area. Sometimes surgery or treatment may compromise the drainage of the lymph fluid in the pelvic area (see the diagram on page 13 of the main booklet) and this in turn causes it to accumulate without being able to drain away normally. This may cause your leg to swell and is called lymphoedema which, in turn can cause pain and discomfort. It is important that you take care of the leg on the side of your surgery for the rest of your life to avoid potential problems associated with lymphoedema.

If you are affected by lymphoedema:

- Try and avoid scratches or bites on your legs from insects (use insect repellent) or pets. Try and keep vulnerable areas covered if possible. If you do get a cut or scratch no matter how small, it is advisable to wash it with soap and water and use an antiseptic cream such as Savlon to try and prevent any infection. If the area becomes red, painful or swollen you will need to see your GP to rule out possible infection and you may need to be prescribed antibiotics.

- Avoid sunburn to the area. Ensure you use a high factor sun block if you are going to be exposed to strong sunlight. Avoid extremes of temperature to the area.
- If you need to shave your leg for any reason use an electric razor rather than a wet shave.
- Avoid inoculations and injections in the affected leg. This includes complementary treatments such as acupuncture.
- To maintain a healthy blood circulation which will help transport lymph fluid normally, try and avoid wearing tight garments such as socks or trousers that may restrict blood flow. Try and avoid becoming overweight and standing still or on your feet for excessive periods of time. Try and remember to move your legs every so often and avoid keeping them crossed for long periods of time which could increase the chance of blood clots forming in your legs.
- If you develop lymphoedema then you may be referred to a specialist team who can perform a therapy called Manual Lymphatic Drainage. This involves a combination of massaging fluid that has accumulated away from the affected area and the use of compression bandages to maintain its effect. This type of treatment may be given over a period of months.