

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.
- ▶ Difficulty in passing urine.

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.



ORCHID

St Bartholomew's Hospital London EC1A 7BE

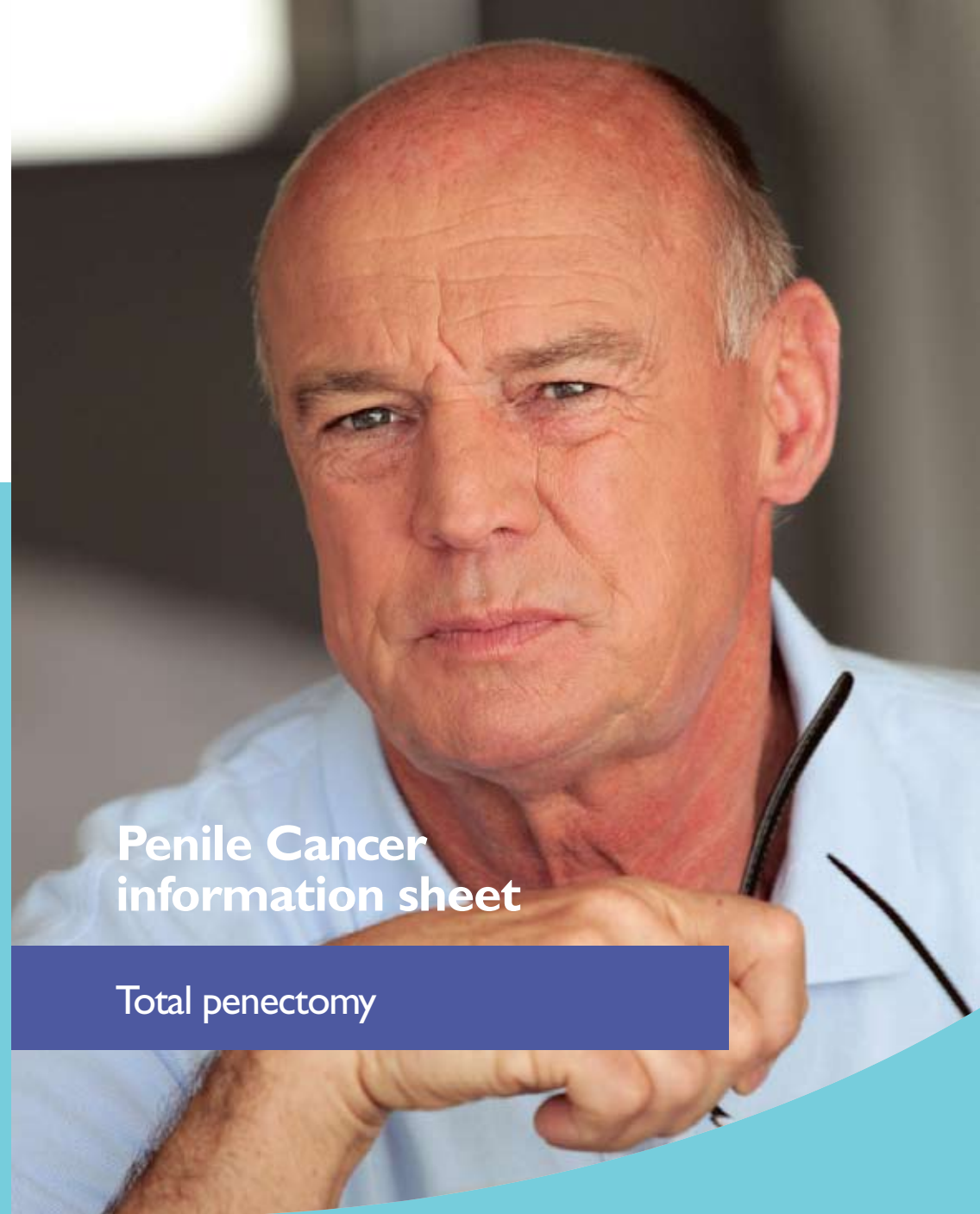
T: 0203 4655 766 F: 0207 600 1155

info@orchid-cancer.org.uk www.orchid-cancer.org.uk

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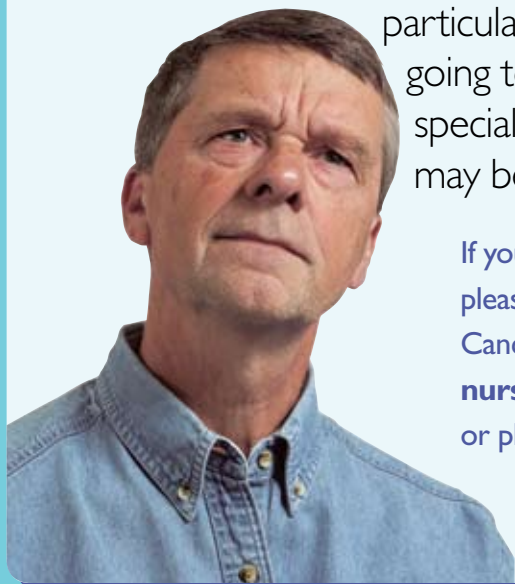
Penile Cancer information sheet

Total penectomy

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.

Total penectomy

This is an operation to remove the whole of the penis. Your urethra will be surgically reshaped to form a special urinary drainage passage called a perineal urethrostomy. This will mean that you will need to sit down to pass urine. It's very important that you discuss this surgery with your specialist health care team to ensure that you know exactly what to expect after the operation. If you feel that you may need counselling before or after the operation please refer to the main penile cancer booklet for possible contact numbers or alternatively ask your specialist team if they could perhaps arrange this for you.

The operation is likely to take several hours to complete.

After surgery

- ▶ Painkillers will be given on a regular basis for any pain you may have. 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.
- ▶ The site of the operation will have a wound dressing on it which will also cover your scrotum. This will usually be removed after 2 - 3 days. Doctors and nurses will check these dressings and your wound site

regularly. It is advisable not to have a bath or shower for around 14 days. When you do resume normal bathing you should pat the wound dry with a clean towel or gauze and avoid any material that may leave fibres on the area.

- ▶ To drain out excess blood or fluid that may gather around the operation site 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. This may need to stay in for up to 24 hours.
- ▶ You will need to take things easy for 4 - 6 weeks after surgery and avoid any strenuous activity such as heavy lifting/ shopping and gardening while the wound heals. 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.
- ▶ Stitches will be dissolvable but may take 4 - 6 weeks to fully disperse.
- ▶ A follow up appointment will usually be made for 2 weeks to check that your wound is healing satisfactorily. Ask your treatment unit to 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.
- ▶ You will have a urinary catheter (urine drainage tube) which will usually need to remain for up to 14 days. Please refer to the main booklet for information on catheter care.
- ▶ You will need a minimum 4 weeks off work.

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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.