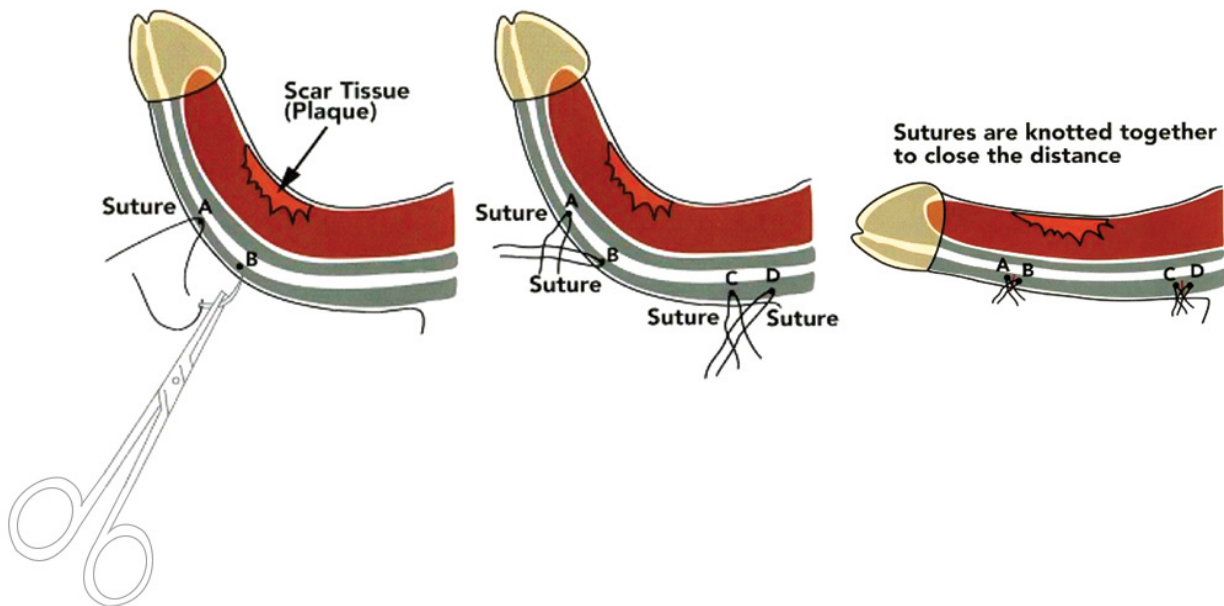# INTRODUCTION: Nesbits

Nesbit's Plication is a procedure to correct curvature of the penis during erections; it is indicated if the penis is too bent to permit penetration. This may occur in diseases such as Peyronie's disease and congenital curvature of the penis.

Some alternatives to surgery are available only if the curvature is mild. For example:

- Oral medication with PDE-5 inhibitor: If the curvature does not affect the ability to penetrate, surgery is not needed. If the principal issue is poor erectile function, Viagra, Cialis or Levitra may be all that is required.
- Vacuum erection or traction devices: Regular use of these devic. may produce some penile straightening, together with some penile lengthening.
- Implantation of penile prosthesis: If you have a significant curvature and PDE-5 inhibitors have not work., implantation of penile prosthesis may be the most appropriate treatment.

RISKS:

Most procedures have a potential for side effects. You should be reassured that, although all these complications are well recognised, the majority of patients do not suffer any problems after this urological procedure.

- There will be some shortening of penis by 1-2 cm.
- You may have a residual curvature, which generally does require further surgery (functionally straight).

- Temporary, swelling and bruising of the penis and scrotum lasting several days.
- Circumcision is sometimes required as part of the procedure.
- Dissatisfaction with the cosmetic result.
- Recurrence of curvature at a later date.
- Stitches under the skin, which you may be able to feel.
- Significant bleeding or infection needing further treatment.

BEFORE THE SURGERY:

- You must completely fast for at least 6hrs (this includes food or drinks of any kind).
- You will be contacted by one of our nurses the day before your procedure to inform your admission and fasting times.
- Please bring all your regular medications to the hospital so the nurses can administer them.
- Make sure you bring CAVERJECT injection prescribed by Dr Cozzi to the Hospital, as this will be administered during surgery.
- You should inform the doctor or nurse if you take Warfarin, Aspirin, Plavix, anti-inflammatories, fish oil, krill oil, Omega 3 supplements or similar drugs as it is necessary to stop these 4-7 days prior to procedure. Please refer to the attached medication sheet.

DURING SURGERY:

The procedure generally takes around lhr and is performed under general anaesthetic unless specified other wise by Dr Cozzi.

You may be given intravenous antibiotics before the procedure, after you have been checked for any allergies.

Dr Cozzi will perform an artificial erection test, using the Caverject injection, to confirm your curvature and to measure the angle.

He will make a cut just behind the head of your penis and roll the skin back. This is called "de-gloving'.

To correct the curvature they will use a method called Plication, where stitches will be used to bunch up the erectile tissue on the opposite side to the curvature (see image on page 1). You may be able to feel the site of plication under the skin after the operation. Once the curvature has been corrected, Dr Cozzi will roll back the skin and close the wound using dissolvable stitches, which normally disappear within 2-3 weeks.

If your foreskin appears tight, you may need to have a circumcision at the same time. A firm dressing will be left around the penis to limit any bruising and swelling.

AFTER SURGERY:

If your procedure was performed as day surgery, please ensure you have a carer at home for the first 24 hours.

You will get some swelling and bruising around the penis, which may last several days. It usually takes 7-10 days for the wound to heal completely.

Remove the dressing 24hrs post procedure. You will be able to shower as normal and make the wound wet. Always make sure, after the shower you gently dry the wound and keep as dry as you can through out the day. You may require a pad to absorb any discharge from the suture line.

As mentioned before, your stitches will usually disappear after 2-3 weeks, but may occasionally take longer.
Avoid heavy lifting for at least,elc and NO sexual intercourse and masturbation for 6 weeks unless advised by Dr Cozzi. You may experience normal night erections, which can be painful. You can apply ice packs if needed and take Panadol or Neurofen. One of our practice nurses will contact you the day after to make your follow up appointment with Dr Paul Cozzi.

It is a requirement that you have a working thermometer to monitor your temperature and call the rooms if at all concerned.

PROBLEMS OR CONCERNS AFTER SURGERY:

If you have any problem or concern, you are always able to contact us at our rooms, between 9am and 4pm, Monday to Friday on 02 95705510 where we have a nurse to take your call.

If you experience a problem after hours, on the weekend or on a public holiday, please call the hospital where you had your surgery and they will inform your surgeon, or surgeon on call.

If it is of extreme urgency, please call an ambulance and inform the hospital where you are taken, of your recent procedure and ask them to contact Dr Paul Cozzi.

PRE-ADMISSION MEDICATION INFORMATION

Prior to your admission to hospital, it may be necessary for you to stop taking certain medications, which are known to affect blood clotting.

Below is a list of medications which you may need to stop taking before your hospital admission. Check with your doctor to find our whether you can, or need to, take other medications in their place.

• IF YOU HAVE A CORONARY ARTERY STENT INSERTED, YOU MUST NOT STOP YOUR MEDICATION WITHOUT CONSULTING YOUR CARDIOLOGIST OR UROLOGIST •

It is also necessary for you to bring all your regular medications into hospital with you, on the day of your admission. If you have any queries contact the practice nurse on **02 9570 5510.**

Natural Therapy Preparations

You should stop taking all Natural Therapy Preparations as these may interfere with the clotting ability of the blood including FISH OIL/KRILL OIL and OMEGA 3 supplements.