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NESBIT PROCEDURE +/- CIRCUMCISION

Providing Specialist Care in South Australia & Northern Territory

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What is a Nesbit Procedure?

A Nesbit Procedure is surgery that is performed to correct the curvature or deformity of the penis, in most cases due to the presence of Peyronie's Disease but can also be of congenital origin.

For patients undergoing this procedure, more than 80% experience significant straightening of the penis, nil complaints of painful erections and a greater improvement in their sex lives.

[Venyo AK, Imran S. Nesbit Operation for Peyronie's Disease: A 7-years Experience. Web-medCentral UROLOGY 2011;2(5)]



What is Peyronie's Disease?

Peyronie's Disease refers to an acquired penile deformity or curvature of the penis due to scarring or the growth of fibrous plaques within the soft tissue of the penis, affecting an estimated 5% of men. This is most felt during an erection causing significant pain to the man and his partner.

Why do I need a circumcision?

If the foreskin is left after this procedure, it can have a poor blood supply and gangrene can occur.

Preparing for your procedure

We will provide you with instructions regarding all aspects of preparing for your operation;

- Pre-operative blood and urine tests.
- Details of admission to hospital.
- Information regarding fasting and medications.

Complications

This is generally a very safe procedure with a low risk of complications

- The chance of infection is <5%.
- Significant bleeding is extremely unlikely as is a blood transfusion.
- The chance of a urethral injury is <1%.
- This surgery will result in a slight shortening of the penis.
- There is a risk of post-operative erectile dysfunction (2-5%) and numbness in the penis.

What to expect after the operation

You are usually able to eat and drink what you feel like after the surgery. You will be encouraged to maintain a good fluid intake. Pain relief is always available, however it is not usual to have significant pain after this procedure. This operation is usually a Day Surgery case but be prepared for an overnight stay.

Sometimes you will have a catheter which will be attached to a bag and drains urine from the bladder. A combination of the surgery and the catheter can cause bladder irritation and sometimes bladder spasm. After removal of the catheter there will most likely still be some blood in the urine. Once we can see that you are passing urine satisfactorily, you are then able to go home. You will be given pain relief if required and antibiotics if necessary to take home.

After discharge from hospital

You should drink extra fluids over the first week or two after surgery. Drinking 1500-2000mL per day is usually satisfactory. Do not drink excessively. Aim to keep your urine a pale yellow or straw colour. If you find your urinary symptoms are not improving or become worse, then you could have an infection. Either contact our office or see your GP to organise a urine test and prescribing of antibiotics.

If you do notice blood in the urine, then drink extra water to dilute the urine. Occasionally there is more excessive bleeding, and large clots in the urine that make it difficult to pass. If this occurs, please contact our office, your GP, or present to a hospital emergency department for assessment.

You should be able to recommence most of your usual activities shortly after surgery. Please avoid heavy lifting or straining until bleeding settles.

Driving

You should not drive for at least 3-4 days after having the operation (or as instructed by your Urologist)

Patients who are travelling outside the metropolitan area are required to check when they are able to travel, and will be required to stay in the metropolitan area for 24 hours. (or as instructed by your Urologist)

Emergency Contacts

In the event of an emergency, call our office within business hours and speak to our Practice Nurse. If out of hours, please call our answering service or present to your nearest emergency department.

Ashford Hospital

55 Anzac Highway, Ashford SA 5035

8375 5205

Until 10:00 PM

Flinders Medical Centre (access to Flinders Private Hospital)

Flinders Drive, Bedford Park SA 5042

8204 5511

24 Hours

Calvary Adelaide Hospital

120 Angas Street, Adelaide SA 5000

8227 7027

24 Hours

Royal Darwin Hospital

Rocklands Drive, Tiwi NT 0810

8922 8888

24 Hours

*For patients outside the Metropolitan area, please present to your nearest hospital emergency department.

Follow up

A post operative appointment at 2 weeks will usually be made for you prior to your procedure. If you have any concerns after your procedure, then please contact us at Urological Solutions.