

ProACT Adjustable Balloons (for Men)

WARWIKI

Patient Information · Two adjustable balloons that support the urethra after prostate surgery

ProACT is a small, **adjustable** implant for men who leak urine after prostate surgery (**stress urinary incontinence**). Two tiny silicone balloons are placed on either side of the urethra, just below the bladder, to gently support it and improve control. A key feature: the balloons can be **fine-tuned in the office** after surgery — adding or removing a little fluid until the balance is right.

How It Works

After prostate surgery the muscle that holds urine in can be weakened. The two balloons add gentle, adjustable support at the **bladder neck** so the urethra closes better when you cough, lift, or move — **without** squeezing it shut completely. Each balloon connects to a small **port** under the skin of the scrotum, which your surgeon uses to adjust the fill.

Is It Right for Me?

- An option for **mild-to-moderate** leakage after prostate surgery
- Good if you want a minimally invasive, **adjustable, reversible** option, or want to avoid / aren't a candidate for an artificial urinary sphincter (AUS)
- Less suited to **severe** leakage, and generally **not advised after pelvic radiation** (lower success, higher chance the balloon wears through tissue)
- It may be a step on the ladder — some men later still choose an AUS

LEARN THE TERMS

Stress incontinence

Leaking with coughing, lifting, or exercise.

Bladder neck

Where the bladder meets the urethra (the drainage tube).

Balloon

A small silicone balloon that adds gentle, adjustable support.

Port

A tiny valve under the scrotal skin used to adjust the balloon.

Titration

Fine-tuning the balloon fluid over several office visits.

AUS

Artificial urinary sphincter — a different, cuff-based implant.

WILL IT HURT? The balloons are placed during a **short operation** under anesthesia (general or spinal, or local with sedation), usually as a **day procedure** through two tiny puncture sites — no large incision. Afterward you may feel soreness and swelling for a few days. The later office adjustments are quick and use only a small needle at the port.

How It's Done

- 1 Under anesthesia, using **X-ray, ultrasound, or a scope** for guidance, the surgeon places one balloon on **each side** of the urethra at the bladder neck through tiny punctures.
- 2 The connecting tubes are run to **two ports** under the skin of the scrotum.
- 3 The balloons start nearly empty and are left to heal.

Adjusting the Device

- A few weeks later, your team adds a little fluid through the scrotal port **in the office** — a quick needle stick, no surgery.
- Repeated over several visits until you have good control **without trouble emptying**.
- Adjustable up or down anytime; the whole device can be **removed** if needed.

After

- Mild soreness, swelling, or bruising for a few days; avoid heavy lifting and straddling (bike/horse) briefly.
- Leakage improves **gradually** as the balloons are tuned — not always right away.
- Tell any future surgeon or imaging team you have the implant.

Call your team if you have:

- **Trouble urinating** or can't pass urine (a balloon may be too full, or swelling)
- Fever, increasing pain, redness, or drainage at a site (possible infection)
- A sudden loss of benefit, or blood in the urine

THREE THINGS TO REMEMBER

1. ProACT uses two adjustable balloons to support the urethra and reduce leakage after prostate surgery — minimally invasive and reversible.
2. It's placed through tiny punctures, then fine-tuned in the office over several visits via a scrotal port.
3. Best for mild-to-moderate, non-radiated leakage; call right away if you can't urinate or have signs of infection.