

Sexual Recovery

What is sex like after prostate cancer surgery?



What **usually** happens to a man's body during sex?

What **changes** after prostate cancer treatment?

Desire

- Desire develops and grows when we think about sex, have fantasies about sexual situations, enjoying those thoughts and begin to imagine making it happen.

After prostate cancer treatment

- Most men continue to have their usual desire for sex.
- But, the body does not respond to the fantasy or visual stimulation by creating an erection because the nerves that create erections are not working.
- You may have fewer sexual fantasies.
 - This is often due to feeling sad and discouraged about not being able to have erections when you feel turned on.

Arousal

- The body reacts to those thoughts and gets ready for sex.
- Heart starts pumping a bit faster.
- Blood pressure goes a bit higher.
- Breathing gets heavier.
- Blood begins to flow to sexually sensitive areas of the body.
- Men get an erection.

After prostate cancer treatment

- You may feel less sensitivity in your penis and you will need longer stimulation.
- You may not be able to get an erection on your own.
- You can still have erections with the help of aids like vacuum pumps, penile suppositories, injections or pills.

Plateau

- The body gets ready to have an orgasm.
- Excitement builds with stimulation and the feeling of pleasure.
- The body begins to tense up.
- Men's testicles withdraw up into the scrotum and the erection becomes very hard.

After prostate cancer treatment

- It may take longer to reach orgasm.

Orgasm

- The body suddenly releases sexual tension.
- Muscles in the pelvic floor contract or spasm.
- Men release semen.

After prostate cancer treatment

The good news is that you don't need an erection to have an orgasm. The nerves that control pleasure are not affected by prostate cancer treatment.

- Your orgasm may be different. You will likely still be able to reach orgasm, but it may take longer.
- Your orgasm will be “dry”, meaning you will not ejaculate.
- You may feel pain when you reach orgasm but this usually goes away with time.

Resolution / Refractory Period

- The body relaxes.
- Muscles relax, blood pressure drops, there is a feeling of satisfaction and wellbeing.
- Men usually need recovery time before they can reach orgasm again.
- If the orgasm is experienced with a partner, couples often feel relaxed and connected.

After prostate cancer treatment

- You will need to wait longer before you can reach orgasm again. You will still feel relaxation and pleasure after orgasm.



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