

Penile Cancer - After Treatment [1]

This section has been reviewed and approved by the [Cancer.Net Editorial Board](#) [2], 11/2014

ON THIS PAGE: You will read about your medical care after cancer treatment is finished and why this follow-up care is important. To see other pages, use the menu on the side of your screen.

After treatment for penile cancer ends, talk with your doctor about developing a follow-up care plan. This plan may include regular physical examinations, such as specific examination of the penis and the lymph nodes in the groin, and/or other medical tests to monitor your recovery for the coming months and years. Depending on the risk of the cancer recurring, a man may need occasional chest x-rays or CT scans, as well as some blood tests. ASCO offers [cancer treatment summary forms](#) [3] to help keep track of the cancer treatment you received and develop a survivorship care plan once treatment is completed.

Currently, there is no proven way to lower the chances of recurrence or a second primary cancer (another type of cancer), but it is wise to practice safe, meaning protected, sex and proper hygiene after treatment for penile cancer.

Men recovering from penile cancer are encouraged to follow established guidelines for good health, such as maintaining a healthy weight, not smoking, eating a balanced diet, and having recommended cancer screening tests. Talk with your doctor to develop a plan that is best for your needs. Moderate physical activity can help rebuild your strength and energy level. Your doctor can help you create an appropriate exercise plan based on your needs, physical abilities, and fitness level. Learn more about the [next steps to take in survivorship](#) [4], including [making positive lifestyle changes](#) [5].

The next section offers a list of questions you may want to ask. Use the menu on the side of your screen to select [Questions to Ask the Doctor](#), or you can select another section, to continue reading this guide.

Links:

[1] <http://www.cancer.net/cancer-types/penile-cancer/after-treatment>

[2] <http://www.cancer.net/about-us>

[3] <http://www.cancer.net/node/25394>

[4] <http://www.cancer.net/node/25400>

[5] <http://www.cancer.net/node/24554>