



COMPREHENSIVE

UROLOGIC CARE

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Scrotal Surgery (including Hydrocelectomy, Varicocelectomy, Spermatocelectomy, Excision of Epididymal Cyst, Radical Orchiectomy)

Postoperative Instructions

DIET:

You may resume a normal diet as soon as you feel ready after your procedure. It is common for 24 hours after anesthesia to avoid heavy meals and start slowly with clear liquids. Eat plenty of fiber-rich foods for the first 1-2 weeks. Alcoholic beverages are best avoided in the first 24 hours and while taking any narcotic pain medications.

ACTIVITY:

It is important to avoid strenuous activity and/or exercise for the first 1-2 weeks after your procedure. This includes avoiding golfing, tennis, and jogging, working out/stretching activities, lawn work such as mowing, raking, shoveling, sexual activity, and any lifting more than 15 lbs. You may shower the day after your surgery but should not soak in a bath, hot tub, or swimming pool for at least 2-3 weeks. Discuss any specific work-related concerns you have with your urologist.

MEDICATIONS:

Your urologist will likely prescribe a narcotic pain medication-take this as needed per the instructions. Note that these medications can cause upset stomach and be constipating. A preventative antibiotic may be given for a 24-hour period after your surgery.

It is important that if you take a daily blood-thinning/anti-platelet medication (Coumadin/warfarin, aspirin, Advil/Motrin, Lovenox, Pradaxa, Eliquis, Xeralto, Plavix, etc.) that you only restart this as instructed by your physicians.

DRESSING:

Your surgery was likely performed through a small incision in your scrotum or inguinal area. Keep this clean and dry. The dressing may be removed the following day. It is important to wear a scrotal support for 1-2 weeks after your surgery-this helps minimize swelling. It is helpful to apply ice (a bag of frozen peas wrapped in a towel works best) to the incision for the first 48 hours to help minimize pain and swelling.

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DRAIN:

You may go home with a drain (a tube placed into the incision to drain out excess fluid). If so, the office will contact you to remove this in 1-2 days.

BOWELS:

It is important to avoid constipation as you recover from your surgery. Drink plenty of fluids (especially water). Narcotic pain medication can be constipating and it is important to take an over-the-counter stool softener/laxative to help prevent constipation (Miralax, milk of magnesia, Colace, etc.).

EXPECTED SYMPTOMS:

It is normal after surgery to have swelling and bruising around the incision and in the scrotum. This can even spread up to the penis. This may take many weeks to resolve. Small amounts of clear drainage can be normal. It may take several weeks for sutures to dissolve. Contact us if there is increased redness, severe pain or swelling, fevers/chills, and/or cloudy drainage from the incision.

FOLLOWUP APPOINTMENT:

Our office will contact you to schedule your follow-up appointment. This will typically be in 1-2 weeks.

PATHOLOGY RESULTS:

Any pathology results from your procedure will be reviewed with you at your follow-up appointment with your urologist. These will not be given out over the phone.