

HALTON UROLOGY

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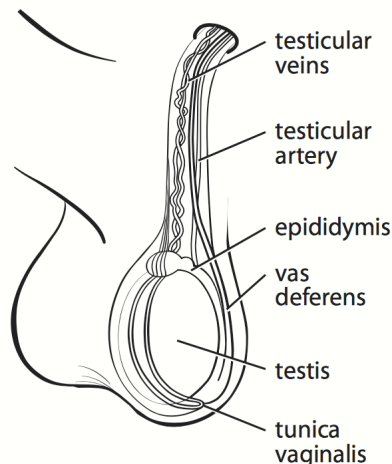
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Discharge Instructions for Scrotal Surgery

You had a procedure on the testicles or on one of the structures around the testicles within the scrotum. This may include one of the following procedures: hydrocelectomy, epididymal cystectomy or spermatocelectomy, epididymectomy, varicocelectomy, orchidopexy, or orchidectomy.



Activity: Take is easy for 2-3 weeks. Do not engage in activities requiring heavy lifting (greater than 10-20 lbs.), gardening, bicycling etc. This will increase the pressure your abdomen puts on your bladder and may result in more blood in your urine. Sexual activity should be avoided for 2-3 weeks.

Bleeding: If bleeding occurs, apply firm steady pressure over the area for 10–15 minutes or until the bleeding stops, then apply an ice pack (cold gel pack, or crushed ice in a plastic bag, or a small bag of frozen peas). **Do not apply ice directly onto the skin.** An ice pack should always be wrapped in a pillowcase or towel, before applying.

Bruising and Swelling: You will have some bruising, swelling and tenderness in the groin area for a few days. Swelling and bruising of scrotum can often progress for 24-48 hours before starting to improve. The scrotum may change colors as it heals for several days to weeks much like a bruise elsewhere in the body.

You may feel more comfortable wearing snug-fitting underwear for support. Apply a covered ice pack to the surgical area for 10–20 minutes every 2–3 hours as needed to reduce pain and swelling. **Do not put ice directly onto the skin.** A cold gel pack, or crushed ice in a plastic bag, or a small bag of frozen peas placed in a pillowcase or towel works well. Do not apply heat or hot packs.

Bowel Movements: It is important to keep your bowels regular during the postoperative period. Straining with bowel movements can cause bleeding. A bowel movement every other day is reasonable. You may require a stool softener (over the counter) to promote regular bowel movements.

Diet: You may return to your normal diet immediately after surgery. You may have some mild nausea and possibly vomiting the first 6-8 hours following surgery. This is usually due to the side effects of anesthesia, and will disappear quite soon.

Driving: Driving should be avoided for at least 3-4 weeks after surgery or until you are not taking pain medications or are pain free. Take breaks every couple hours if you are on extended trips. Get out of your car and walk around a bit.

Wound Care and Stitches: You may shower 24 hours after surgery. No tub bathing or swimming or hot tubs for 7 days after surgery as it may increase your risk of a wound infection. In most cases your incision will have absorbable sutures that will dissolve within the first 10-20 days. Some will fall out even earlier. Expect some redness as the sutures dissolve but this should occur only around the sutures. If there is generalized redness, especially with increasing pain or swelling, please contact my office or go to your nearest Emergency Department. The scrotum will very likely get 'black and blue' as the blood in the tissues spread. Sometimes the whole scrotum will turn different colors. The black and blue is followed by a yellow and brown color. In time, all this discoloration will go away.

Sexual Activity: You should avoid sexual activity for 2-3 weeks and resumed when you are comfortable doing so.

Post-operative Pain: Discomfort is often felt more in the groin or lower abdomen than in the scrotum, and that is normal. Any pain and discomfort will be treated with a prescribed pain medication. When you go home it is important to take your pain medication as needed. Your pain will gradually improve and you can take Tylenol, Extra-Strength Tylenol or anti-inflammatories (e.g. ibuprofen) when the stronger pain medications are no longer required.

Follow-Up Appointment: My office will contact you with a follow-up appointment time and date. This appointment will usually be 4-6 weeks after the date of surgery.

When to Seek Medical Attention:

- Chills or fever over 38 degrees C (101 degrees F)
- Severe pain that is not relieved by pain medication
- Persistent or heavy bleeding
- Excessive or increasing swelling ("hematoma") of the scrotum, may also be bruised or discoloured
- Persistent nausea and vomiting
- Wound redness, pus-like (yellow or green) drainage or foul smell from the incision

For Urgent or Emergent situations, please call my office at 905-875-3920 during office hours (9:00am-5:00pm) or outside these hours, please go to your nearest Emergency Department.

**Updated January 2017*