What to expect after your Scrotal Surgery

ANESTHESIA INSTRUCTIONS:
During the first 24 hours after surgery:
- You should **NOT** drive or operate any heavy equipment
- You should **NOT** drink alcohol
- You should **NOT** make any critical decisions or sign any important documents
- You should increase your fluids starting with clear liquids and gradually return to a regular diet as tolerated.
- Some nausea and vomiting is not uncommon after surgery. In the event you experience some, do not take anything by mouth for at least an hour. You may then sip on Coke, tea, or ginger ale over a 15-minute period till the nausea subsides.

GENERAL INSTRUCTIONS:
You should rest in bed for the first 24 hours after surgery. You may see some bloody drainage on your dressing. This is normal and will resolve itself. However, if the drainage becomes bright red and the dressing saturated, call our office.

DIET:
You may return to your normal diet within 24 hours following your surgery. You may note some mild nausea and possibly vomiting the first six to eight hours following surgery. This is usually due to the side effects of anesthesia, and will resolve quite soon. We suggest clear liquids and a very light meal the first meal the day of surgery.

Activity:
Your physical activity is to be limited, especially during the first two weeks after surgery. During this time, use the following guidelines:
- No lifting heavy objects (anything greater than 10 lbs.) for 4 weeks.
- No driving for at least 10 days.
- No strenuous exercise for 4 weeks.
- No sexual intercourse for 2 weeks.
- No severe straining during bowel movements - take a laxative if necessary.
- You may walk as much as you want. You may use stairs.
- You may shower unless instructed not to do so. (Avoid baths, pools, Jacuzzis for 2 weeks.)

WOUND CARE:
In most cases your incision will be covered with a dressing and athletic supporter. To decrease swelling, apply an ice pack to the affected area. Leave the pack on for 30 minutes and then off for 1 hour during the day for the first 24 hours. Do not apply directly on skin. You may have a drain coming from below the incision (wound) area. The drain will help to eliminate any excess fluid from collecting below your incision. It is normal to have fluid draining from the wound. The amount should decrease every day until it stops completely. Scrotal hematomas (blood clots) are also commonly seen after any type of scrotal surgery. Please apply direct pressure to the area if there the scrotum is enlarging and contact our office.

You may remove the surgical dressing after 48 hours. You may have very small Band-Aid like dressings called Steri-Strips over the incision. Leave these in place for 1 week and then you may remove them. You
may also want to wear a scrotal support with padding for the first 72 hours to help control scrotal swelling.

You may shower 48 hours after your surgery. Avoid scrubbing the area of your incision. Avoid baths, swimming pools and Jacuzzis (anything that submerges the incision) for at least 2 weeks or until the incision(s) are completely healed. There may be mild to moderate scrotal swelling and bruising. This is quite typical and may last for four to six weeks.

**MEDICATIONS:**
In most cases you will be sent home with a narcotic pain pill. If the pain is not severe, you may take either Tylenol (acetaminophen) or Advil (ibuprofen) which contain no narcotic agents, and might be tolerated a little better. *Keep in mind that many narcotic pain medications also contain acetaminophen and you should take no more than 4000 mg of acetaminophen per day.*

**PROBLEMS TO REPORT TO US:**
- Fever or 101 degrees Fahrenheit.
- Moderate or severe swelling under the skin incision or involving the scrotum.
- Redness, increase of pain or yellow-colored discharge from the incision.
- Excessive bleeding
- Drug reactions such as hives, a rash, nausea or vomiting

**FOLLOW-UP:**
You should contact our office at 410.266.8049 within 24 hours to set up your first follow-up appointment. This visit, to check your incision and progress, is usually set up 10-14 days following your surgery. Additional follow-up appointments will be made at that time.

Office phone 8 AM to 4 PM Weekdays - (410) 266-8049
After 4 PM, Weekends and Holidays - (410) 481-3003