

# Scrotal Surgery Discharge Instructions

## Hydrocele Repair, Spermatocele Removal, Testicle Removal

### General Instructions

- It is normal to have swelling return within 72 hours after surgery. This can take 6-8 weeks to decrease.
- You may have a yellow colored drain coming out of the scrotum. Place gauze around this tube to catch any fluid. If it falls out before the follow visit there is no need to call the office.

### Wound Care

- Your dressing/bandage may be removed after 2 days.
- Keep the wound clean by always wearing clean underwear.
- Your stitches will fall off on their own.
- Wear scrotal support or jockey underwear for 1 week

### Medications

- You may take Tylenol or Ibuprofen over the counter as directed
- If you become constipated, take whatever works for you. Milk of Magnesia, prune juice, Miralax, Dulcolax or Magnesium Citrate are a few options.
- If you are on a blood thinner such as Aspirin, Coumadin, Plavix, Pradaxa, Effient or any other blood thinner, you may restart these medications in 72 hours unless directed otherwise.
- You will be sent home on the following medications:
  - **Tramadol 50 mg every 6 hours as needed** for uncontrolled pain

### Activity

- You can go back to most of your normal activities including walking, going up stairs.
- For the first 6 weeks after your surgery
  - NO heavy lifting (more than 10 lbs or 5 kilograms).
  - For example: do not carry groceries, or lift young children or pets.
  - NO strenuous exercises. For example: no gardening, shovelling snow, jogging, golfing or skiing.
  - NO swimming for 6 weeks.
  - Do NOT strain when you are having a bowel movement.
- Eat what you feel like. Sometimes after surgery people are not hungry or don't eat much. As long as you are able to eat/drink without nausea or vomiting, this is fine. Start slowly.

- Do not drive until you are pain free. We just want you to be sure you will not be in pain and have an accident, hurt yourself or anyone else.
- You can take a shower 48 hours after your surgery.
  - When you shower, remove the bandage carefully and do NOT remove drain
  - Pat the area dry and cover the incision (cut) again with clean gauze.
  - You can start taking baths again 3 or 4 weeks after your surgery.

### **When to Call**

- Tomorrow to schedule a follow-up visit in 1 week unless directed otherwise by Dr. Pazona
- If you develop any of the following please call us immediately:
  - Fever > 101 degrees.
  - Excessive swelling or bleeding from the scrotum
  - Nausea/vomiting or pain that is not improving.
- You may also message us via the Advanced MD Patient Portal for non-urgent questions.

Wishing you a speedy recovery!

Dr. Joe Pazona



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