

POST-OPERATIVE INSTRUCTIONS FOR SCROTAL SURGERY

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 disappear quite soon. I would suggest clear liquids and a very light meal the first evening following surgery.

ACTIVITY:

Your physical activity should be restricted the first 48 hours. During that time, you should remain relatively inactive, moving about only when necessary. During the first 7 to 10 days following surgery, you should avoid lifting and heavy objects (anything greater than 15 lb), and avoid strenuous exercise. If you work, ask us specifically about your restrictions, both for home and work. We will write a note to your employer if needed.

You should plan to wear a tight pair of jockey shorts or athletic support for the first 4-5 days, even to sleep. This will keep the scrotum immobilized to some degree and keep the swelling down.

Ice packs should be placed over the scrotum for the first 48 hours, on and off. Frozen peas or corn in a ZipLoc[®] bag can be frozen, used and re-frozen. 15 minutes on and 15 minutes off is a reasonable schedule. The ice is a good pain reliever and keeps the swelling down.

WOUND:

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, let us know. The scrotum will very likely get 'black and blue' as the blood in the tissues spread. Sometimes the whole scrotum will turn colors. The black and blue is followed by a yellow and brown color. In time, all this coloration will go away.

HYGIENE:

You may shower 48 hours after surgery. Tub bathing should be restricted until the 7th day.

MEDICATION:

You will be sent home with some type of pain medication. In many cases you will be sent home with a narcotic pain pill (Tylox[®] or Percocet[®]). If the pain is not too bad, you may take either Tylenol[®] (acetaminophen) or Advil[®] (Ibuprofen) which contain no narcotic agents, and might be tolerated a little better, that is, fewer side effects. If the pain medication you are sent home with does not control the pain, you will have to let us know. Some narcotic pain medications cannot be given or refilled by a phone call to a pharmacy.

PROBLEMS YOU SHOULD REPORT TO US:

- Fever above 101° orally.
- Moderate or severe swelling under the skin incision or involving the scrotum.
- Drug reactions such as hives, a rash, nausea or vomiting.

FOLLOW UP:

Your first follow up appointment to check your incision and progress, is usually set up 5-14 days following your surgery.