



## SCROTAL SURGERY POSTOPERATIVE INSTRUCTIONS

### ***What to expect after surgery:***

*-Pain:* It is normal to experience pain following the procedure. Over the counter medications such as Tylenol or Ibuprofen are often sufficient to control this pain. Your doctor may prescribe a stronger medication, which should only be taken sparingly if other medications have not been helpful.

*-Swelling:* It is very common to experience bruising and swelling following the procedure. This generally gets worse in the first 48 hours after surgery, sometimes the swelling can be even worse than it was before surgery. It can take 4-8 weeks for the swelling to completely resolve.

*-Stitches:* The stitches used are absorbable and will dissolve on their own. If the stitches are still visible, they will be removed at your follow up appointment.

### ***Instructions:***

*-Wear a scrotal support or tight-fitting undergarments for the next 2 weeks.*

*-When sitting or laying down try to keep the scrotum elevated as much as possible. A rolled-up towel can be useful for this.*

*-Apply ice for the next 48 hours to decrease the swelling. No more than 20 minutes of ice at a time with at least 40 minutes between applications.*

*-You may resume your regular diet following surgery.*

### ***Restrictions:***

*-Activity:* No vigorous activity or lifting more than 15 pounds for the next week. The more activity you do, the more likely you are to have swelling and potentially bleeding in the scrotum.

*-Bathing:* It is ok to take showers 24 hours after the procedure. Do not scrub the incision, simply allow soap and water to run over it. No soaking in a tub or pool for 2 weeks after the procedure.

*-Driving:* Do not drive the day of your procedure. You may resume driving once you have stopped taking any prescription pain medications.

### ***Drain:***

*-Your doctor may leave a drain in place after surgery. These drains can often cause fluid to leak into the underwear. Change gauze dressings as needed to avoid soaking all the way through. Your doctor will provide instructions on when the drain should be removed.*

### ***When can I resume sexual activity?***

*-You may resume sexual activity 1-2 weeks after the procedure if you feel up to it. If sexual activity is painful, wait an extra week before resuming.*

***When can I resume blood thinners?***

-Generally, it is ok to restart blood thinners such as Aspirin, Plavix, Coumadin, Xarelto around 48 hours after the procedure as long as there is no sign of active bleeding. Your doctor or cardiologist will tell you if they want you to hold it for longer or shorter than this.

***When should I call the doctor?***

- If you have a fever over 101.5, especially if it does not come down with Tylenol.
- If you have sudden onset of rapid swelling with firmness in the scrotum.
- If you have redness that is spreading up the abdomen or down the legs.
- If you see pus coming out of the incision.
- If you are having severe, worsening pain that is not controlled with ice or the prescribed medications.

***What is this medication I've been given?***

-Depending on the surgery that you had, your doctor may prescribe no medications at all, or several medications. Common medications include:

-*Tramadol, hydrocodone, oxycodone*: These are pain medications and should be taken sparingly. If you take this medication, be sure to stay hydrated and take a stool softener to avoid constipation

-*Ciprofloxacin, levofloxacin, sulfamethoxazole, keflex*: These are antibiotics. You should take the entire course as prescribed. We recommend taking a probiotic or eating yogurt while taking this medication to avoid side effects such as diarrhea.

-*Bacitracin, Neosporin, Vaseline*: These are ointments that may be given to help with healing of the incision. Apply lightly to the incision 2-3 times per day for the next week.

***What if I have other questions regarding my procedure?***

-For general questions and follow up appointment information please call The Urology Center of Iowa during regular business hours at (515) 400-3550. After hours for urgent issues not addressed here, you may call The Urology Center of Iowa and ask to speak to the provider on call. For emergencies, call 911 or go to the closest emergency room.