

San Buenaventura Urology

in association with Community Memorial Health System

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Adult & Pediatric Urology

SCROTAL SURGERY:

ORCHIECTOMY, HYDROCELECTOMY, VARICOCELECTOMY, VASOVASOTOMY, AND EMERGENT REPAIR OF TESTICULAR TORSION

These surgeries are usually outpatient procedures. They require scrotal support post surgery with an athletic supporter, cool ice packs to the scrotum, rest with legs elevated, and scrotum elevated on a towel roll, and the remote control in your hand! It's also handy to have someone willing and able to wait on you for the first 24 - 48 hours so you can be compliant with these restrictions.

The scrotum is a very vascular space, prevention of blood collection in the form of a blood clot or hematoma is the goal. We expect some swelling and firmness from blood collection. However, how much depends on how difficult the surgery was and how compliant you can be. The most commonly asked question before surgery is, "when will I be able to return to work". Again, this depends on how the healing progresses.

POST-OPERATIVE INSTRUCTIONS:

You may remove any dressing and shower 48 hours after surgery.

You may eat when you have an appetite. Some nausea is common with scrotal surgery due to stimulation of the nerves from manipulation during surgery and swelling post surgery.

Check your temperature several times a day. Expect a temperature up to 100.4 due to the healing. **Call the office** for temperatures above 100.4 and take Tylenol 650 mg.

Purchase cool gel packs or "bags of frozen peas" to use on the scrotum. Keep one ON, and one in the freezer at all times for the first couple days. An ounce of prevention goes a long way!

Purchase a comfortable athletic supporter or jock strap at Big Five, Walmart, or Sport Chalet. This can be worn over the jockey underwear for comfort.

Some oozing from the scrotal wound is normal, constant oozing or active bleeding should be reported with a call to the office. Use gauze pads or sanitary napkins to absorb the small oozing drainage.

Resume your normal daily medications once home from the hospital. Take the pain medications as needed, and any antibiotics we have given you until completed.

NO ATHLETICS OR LIFTING OVER 8 LBS UNTIL RELEASED BY THE NP OR MD.

Return to work dates will be discussed individually as each surgery and each patient will have different circumstances. Please bring your Disability paperwork completed and ready for the MD to sign at your first post operative appointment.

The post-operative appointment is usually 7-10 after surgery and will involve an exam, discussion of any further care or follow up required, and review of pathology report if tissue was sent out to the lab.

Call the office for urgent questions that can't wait for your post operative appointment, emergencies should be seen at Community Memorial Hospital.