**POST-OPERATIVE INSTRUCTIONS FOR SCROTAL SURGERIES**

**(Orchiectomy – Hydrocele – Spermatocele - Varicocele Repair)**

**What to Expect**

* Slight redness, swelling, and scant drainage along the incision for 24-48 hours
* Mild to moderate discomfort.
* Bruising as the tissue heals.
* Mild burning with urination, frequency, and/or urgency.
* Low-grade fever.
* Mild nausea and vomiting secondary to anesthesia.

**Activity**

* No sexual intercourse until cleared by physician.
* No lifting anything over 20# for two weeks
* Check with physician regarding specific work instruction.
* Wear athletic supporter or snug jockey underwear

**Wound Care**

* Do not shower for 48 hours: Sponge bath as needed for the first two days after surgery. No bath tub, pool or Jacuzzi for two weeks after surgery.
* Keep the wound dry for the first two days; you may then wash the incision with soap and water
* Apply an ice pack to your scrotum for the first 48 hours as needed to limit swelling.

**Diet and Elimination**

* Diet as tolerated. Begin with clear liquids, clear soup, dry toast or crackers. If not nauseated may resume regular diet.
* Increase water intake to keep urine clear.
* Avoid straining with bowel movements.

**Call our Office if:**

* Increasing pain and swelling
* Fever greater than 101.5 F
* Difficulty voiding.
* Severe nausea and vomiting.