

Post-Operative Scrotal Surgery Instructions

PREPARATION FOR DAY OF SURGERY:

- Review Anesthesia Guidelines and strictly adhere to those instructions otherwise your surgery could be cancelled.
- Clean your genitals and surrounding area very well.
- Wear loose-fitting underwear/clothing.
- Make arrangements for someone to drive you home after surgery. A taxi cab is not an option.

WHAT TO EXPECT AFTER THE PROCEDURE:

Diet

You may return to your normal diet after surgery. Mild nausea and possibly vomiting may occur in the first 6-8 hours following surgery. This is usually due to the side effects of anesthesia and will resolve soon. We suggest clear liquids and a light meal the first evening following surgery.

Activity

You should remain relatively inactive the first 72 hours following surgery. We do encourage walking around for a few minutes every two hours to maintain good circulation, but otherwise, no activity. After three days, you may resume your daily routine but should continue to avoid high-impact activities such as running or boating as well as lifting objects greater than 15 pounds for 2-3 weeks after surgery. Lastly, avoid activities that put direct pressure on the scrotum such as riding a motorcycle, ATV, or bicycle for a total of 6 weeks after surgery. If you work, ask about additional restrictions. We will write a note to your employer if needed.

Ice packs should be placed on and off the genitals for the first 48-72 hours. Frozen peas or an ice pack can be frozen, used and re-frozen. Fifteen minutes on and 15 minutes off is the recommended schedule. Use a thin cloth or towel in between the skin and ice pack to reduce skin irritation. Ice is a good pain reliever and keeps the swelling down.

Scrotal elevation is also suggested. While lying on your back, roll-up a small towel and place this under your scrotum to elevate this area. This will allow for decreased swelling and a faster recovery.

You should plan to wear a tight pair of jockey shorts or an athletic support (jock-strap) for the first 5-7 days, even to sleep. This will keep the scrotum immobilized to some degree and keep the swelling down. After that, you may switch to only using support during increased activity or prolonged standing.

Wound

In most cases your incision will have absorbable sutures that will dissolve within 3 weeks. 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 spreads. Sometimes the whole scrotum will turn colors. The black and blue is followed by a yellow and brown color. In time, all this discoloration will go away. You may also note that scrotum is just as enlarged and possibly more enlarged than it was pre-operatively. This is normal and should decrease over the course of several weeks. If swelling/size of scrotum seems to be worsening, let your provider know.

Lastly, you may wake up with a drain exiting the scrotum. This is to help direct fluid out of your scrotum to reduce the risk of excessive swelling. This will be removed per your surgeon's instructions, typically 3-5 days after surgery or when the drainage from the area is minimal.

Hygiene

You may shower 48 hours after surgery. Tub bathing and swimming is restricted for 4 weeks post-op.

Medications

In most cases, you will be sent home with a prescription pain pill. If the pain medication you are sent home with does not control the pain when being used as directed on bottle, call your doctor. While taking prescription pain medication, it is recommended you also take a stool softener such as Docusate Sodium (Colace, Dulcolax) to counteract the constipating effects of the pain medication.

If the pain is not too bad, you may take over-the-counter Tylenol (acetaminophen). Avoid Non-Steroidal Anti-Inflammatories (NSAIDs) such as Aspirin, Ibuprofen, Naproxen, Advil, Aleve, and Motrin, for 72 hours after surgery because they may cause bleeding.

Problems to Report

- Fever or 101 degrees Fahrenheit or higher.
- Moderate or severe swelling under the skin incision or involving the scrotum.
- Redness of the surrounding area that appears to be spreading.
- Progressive increase in swelling of scrotum following surgery.
- Drug reactions such as a rash or vomiting. If difficulty breathing occurs, go directly to ER.

Follow-Up

Alaska Urology will contact you to schedule your first post-op visit and check on your status. This visit is to check your incision and progress.

Contact Information

If you need to contact Alaska Urology for post-operative concerns, please call 907-563-3103. If your symptoms are severe and/or very concerning, proceed to the ER.