



## **Post-Operative Scrotal Surgery Instructions**

### **PREPARATION FOR DAY OF SURGERY:**

- Review Anesthesia Guidelines given to you at last office visit. Strictly adhere to those instructions otherwise your surgery could be cancelled.
- Clean your genitals and surrounding area very well. If you are having surgery at the hospital, they will likely provide a specific soap to use for pre-operative cleaning.
- Wear loose-fitting underwear/clothing.
- Make arrangements for someone to drive you home after surgery. A taxi cab is not an option. Call our office and speak with surgery scheduling if this is a problem.

### **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, skiing, 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 a snow machine 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 down, 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 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 three 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 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. 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 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**

Our office should call you within one business day to set up your first follow-up appointment. This visit is to check your incision and progress and is usually set up 5-14 days after surgery.

### **Contact Information**

If you need to contact Alaska Urology for post-operatively concerns, please contact the clinic you visited (Anchorage: 563-3103, Palmer: 745-9300). If your symptoms are severe and/or very concerning, ask to speak with nurse triage. If symptoms are mild to moderate or of low concern, ask to speak with your doctor's assistant.