

After scrotal surgery, special care should be taken as you recover.

Here are some suggestions to help speed your progress:

- Limit your physical activities and be careful not to overdo it, especially in the first two weeks. Take only short walks and climb no more than two flights of stairs at a time. Don't lift or carry heavy objects (anything more than 10 pounds). Ask your doctor for specifics.
- Do not have sexual intercourse for two to four weeks after the operation. Please ask your doctor to specify this for you.
- If you develop any increased soreness, redness, or swelling around the site, or if the wound drainage increases call your doctor. Wear a scrotal support or jock-shorts for at least three weeks to help stop or decrease swelling. When lying down, try and elevate feet on a pillow as this will help reduce swelling.
- If you get a fever of 101°F (38.3°C) or more, call your doctor.
- If your scrotum becomes bruised, do not get alarmed. This is normal and will gradually resolve.
- A shower may be taken 1-2 days after you are home. No baths or pools for one week. Avoid direct force of the shower and gently cleanse your genital area. Use an antibacterial soap. No perfume scented ones. Pat dry. You may use a hair dryer at COOL setting to dry.
- Be sure to take any medications prescribed and keep your appointments for post-operative check-ups.

When you get home from the hospital, phone your doctor's office and make an appointment to see your doctor in 2-3 weeks.

Additional Instructions:

- Constipation can cause extra stress on your surgical site:
 - Avoid pushing during bowel movements.
 - Increase your fluid intake and dietary fibre intake if this is allowed by your doctor.
- Should your scrotum swell, lie down for at least 20 minutes a few times a day. Put a rolled towel under your scrotum while you rest, or use an ice pack made of frozen vegetables or crushed ice. Remove ice packs after 20 minutes.

For any major surgery it can be expected to suffer from the "Blues" around the 3-5th day after your operation. Examples of depression, tearfulness and/or "easily annoyed" symptoms have been experienced. This is a result of the endorphines being completely "wiped out" with the stress of the operation. They are the natural pain and stress relievers of the body. Levels resume within a week to ten days.