

Name: \_\_\_\_\_

**What should I do when I go home?**

- Do not do any heavy lifting for 1 week
- Do not go back to normal activity until the doctor tells you to
- Rest at home for 2 days but be sure to get up and walk around
- Wear a jock strap or tight fitting underwear to support the scrotum and help the pain
- Ask your doctor when you may have sexual intercourse

**What can I expect?**

- You may have some blood or yellow liquid from the cuts
- You may have some swelling and bruising around the cuts
- You may feel very good on the first day

**What if I have pain?**

- You may have some pain in the groin for 3 or 4 days
- You may take over-the-counter medicine such as acetaminophen (Tylenol) and ibuprofen (Motrin, Advil) unless your doctor or nurse tell you not to
- Be sure to follow the directions on the medicine bottle

**Seek medical attention immediately if:**

- You have bleeding from the cuts
- You have a lot of swelling and bruising
- You have severe pain and pain medicine does not help
- You have a fever more than 38° C or 100.4° F

**Contact your physician's office for a follow-up appointment.**

Dr. \_\_\_\_\_ Phone: \_\_\_\_\_

**Questions or Concerns:**

Health Link BC: 811

(604) 215-2400

Hearing Impaired: 1 866 889-4700

Or, contact your physician

**In an Emergency:** Call 911 or go to the hospital emergency room