

Going Home After Scrotal Surgery

Name: _____

What can I do?

- Limit your activities for 2 weeks
- Take short walks and only climb 2 flights of stairs at a time
- Do not lift anything over 10 pounds
- Wear a scrotal support or jock strap for 3 weeks
- Ask your doctor when you can have sexual intercourse

When can I shower?

- You may shower 1 or 2 days after your surgery
- No tub baths or pools for 2 weeks
- Gently clean your genital area with an antibacterial soap and pat dry
- You may use a hair dryer at cool setting to dry the area

Pain and discomfort:

- Do not wait until the pain is bad to take your pain medicine
- Take acetaminophen (Tylenol) and ibuprofen (Motrin, Advil) unless your doctor or nurse tell you not to
- You will be given a prescription for pain medicine before you go home
- Be sure to follow instructions on the medicine bottles
- Do not take Tylenol if there is Tylenol in your prescription medicine
- It is best to take the pain medicine regularly for 2 or 3 days
- Many patients have pain for 7 to 10 days after surgery
- Avoid pushing during a bowel movement
- Drinking fluids and eating foods high in fiber will help prevent constipation
- Talk to your doctor or pharmacist about taking a mild laxative if needed

Swelling:

- Apply an ice pack if you have swelling
- Cover the pack with a cloth or towel
- Apply for 20 minutes and then remove for 20 minutes
- Do this for 48 hours after your surgery while you are awake
- Elevate your feet on a pillow when you are lying down
- Some bruising is normal and this will go away gradually

Incision:

- Keep the incision dry for 2 days
- The stitches will dissolve on their own
- If the bandage stays on, please remove it in 3 days
- If the bandage falls off leave it off

Antibiotics:

- You will be given a prescription for antibiotics
- Be sure to take all of the antibiotics until they are gone

Follow-up:

- Phone your surgeons office for a follow-up appointment

Call the surgeon if you have:

- Pus or yellow drainage from your incision
- The drainage from any incision becomes bright red or smells bad
- Any incision becomes red and feels hot
- You have a fever greater than 38.0° C or 100.4° F

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