

**Chilliwack General Hospital Day Care Surgery Discharge Instruction Sheet**

**SCROTAL SURGERY**

**Description:** The procedure you have had is marked.  
(\_\_\_) HYDROCELECTOMY: This is a surgical removal of a collection of fluid which is in the outer lining of the testes. The cause is usually unknown.  
(\_\_\_) ORCHIDECTOMY: The removal of one or both testicles.  
(\_\_\_) VARICOCELECTOMY: The removal of swollen distended veins in the scrotum.  
(\_\_\_) ORCHIDOPEXY: The surgical transfer of an undescended testicle into the scrotum and sutured in place.

**Incision Care:** You may have a small dressing to your incision area. This can be removed at home. Keep your incision clean and dry at all times. You do not have sutures that need to be removed, as they dissolve.

**Diet:** You may resume your normal diet. To prevent constipation and straining, you should increase your fluid and fiber intake in your diet. Some high fiber foods are bran, whole grains, raw fruits and vegetables, and juices such as prune juice.

**When to Call Your Family Doctor or Surgeon:** If your incision becomes red, swollen, more painful, bleeds, or has an increase in drainage. Also, call if you have a marked increase in swelling or bruising in the scrotum.  
If you develop a fever or have difficulty passing your urine.  
If you cannot reach your family doctor or surgeon, go to the nearest Emergency Department.

**Pain Control:** Pain should be minimal. You may apply ice packs to the scrotum. If your doctor has not given you a prescription, Tylenol is available without a prescription. If that is not effective, call your family doctor or surgeon. Wearing jockey shorts provides support and helps decrease discomfort.

**Activities:** You may resume normal activities such as walking. Avoid heavy lifting or strenuous activities for 6 weeks.  
Avoid sitting for prolonged periods.  
Ask your surgeon about specific sports or activities.  
You may return to work in \_\_\_\_\_ days.

**Medications:** (\_\_\_) Continue medications as before procedure.  
(\_\_\_) Prescription written.

**Special Instructions:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Follow up:** See Dr Goodman at \_\_\_\_\_ in \_\_\_\_\_ weeks.  
Phone 604-792-6512 for a specific time.

**CALL YOUR FAMILY DOCTOR OR SURGEON IF YOU HAVE ANY PROBLEMS**