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HYDROCELECTOMY/SPERMATOCELECTOMY/EPIDIDYMECTOMY POST-OP INSTRUCTIONS

ACTIVITY:

- Rest for the balance of the day and evening. Increase activity as tolerated. Avoid all vigorous activity and do not lift, push or pull anything >15 pounds for 5-7 days. Avoid riding a bike or motorcycle for at least two weeks.
- You may shower tomorrow. No tub baths or swimming until incision completely healed and stitches dissolved.

FOLLOW-UP:

- Follow-up in our clinic in 1 month unless otherwise stated. Please call to confirm your clinic appointment.

WHAT TO EXPECT:

- Your surgeon may have ordered an athletic supporter. It should be worn day and night for about 2 weeks, although you may wish to wear it outside your underwear after the first couple of days. If it causes more discomfort to wear the support then you may not use it.
- You should apply ice packs to the scrotum, (20 minutes every hour) for 24-48 hours.
- A small amount of bloody drainage on your dressing is normal.
- You may remove the loose gauze dressing from within the scrotal support after 24 hours.
- Skin glue has been applied to your incision and may appear blue/purple, this is not abnormal.
- Bruising around the scrotum and penis is normal. This may last 3-4 days.
- Swelling of the scrotum and incision is normal.

PROBLEMS TO WATCH FOR—NOTIFY YOUR SURGEON IF YOU HAVE ANY OF THESE SYMPTOMS:

- SEVERE pain not relieved by pain medication.
- Temperature over 101 degrees. Take temperature daily for 5-7 days.
- Heavy bleeding that soaks through your dressing.
- Redness, extreme swelling and/or pus at the incision site.

If you have had general anesthesia, it is important to keep your lungs clear and expanded, by taking deep breaths every 2 hours for 24 hours, while awake. Also, until you are back to your normal activity level, it is important to maintain good circulation by being up and around at home, but not in excess.

Please call 423-778-5910 our practice's main number if you are unable to reach us through the clinic number above. You will be able to reach the on-call physician after clinic hours through this number.