

Anand Shridharani, MD
Men's Reproductive and Sexual Health Specialist
Staff Urologist

Academic Urology
961 Spring Creek Rd, Ste 202
Chattanooga, TN 37421
Office 423-778-6941 • Fax 423-778-6936

VARIX LIGATION/CORD DENERVATION POST-OP INSTRUCTIONS

ACTIVITY:

- No strenuous activity (such as cutting grass, chopping wood, etc.) or lifting more than 10 pounds for 5-7 days. No weightlifting or vigorous exercise for 2 weeks.
- May shower the next day after your surgery, but no soaking in a bathtub, hot tub or swimming pool, etc. for 2 weeks.
- May resume sexual activity at any time.

WHAT TO EXPECT:

- Swelling of the incision and scrotum is normal. Expect swelling for about 3-10 post operatively.
- You should apply ice packs to the incisions for 24 hours after the procedure.
- A small amount of bloody drainage from the incision is normal.
- You may have skin glue on your incisions. It will appear blue/purple.
- Watch for constipation. If you do not have a bowel movement within 2 days, and every day after that, then please take some Milk of Magnesia or Miralax.

PAIN RELIEF:

- Take pain medication as directed by your surgeon.

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/clothes.
- Redness, extreme swelling and/or pus at the incision site.

FOLLOW-UP:

- **Return to clinic to see Dr Shridharani in:**
 1 month 3 months other _____
- Feel free to come in earlier if you have any concerns.
- If you had the varicocele repaired for fertility reasons please schedule a semen analysis just before you clinic visit.

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. If you smoke or have a history of lung problems, take 3 deep breaths and cough 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. This is even more important if you have a history of blood clots.

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