

Scrotal/Testicular Surgery Post-Procedure Instructions

UROLOGY
SAN ANTONIO

Your attention to the following instructions during your initial recovery will contribute to the success of the procedure.

Diet

You may return to your normal diet within 24 hours after your surgery. We suggest clear liquids and a very light meal the first evening.

Activities

Your physical activity should be restricted for the first 48 hours. During the first few days following surgery, you should avoid lifting any heavy objects (anything greater than 10 lbs) and avoid strenuous exercise. If you work, ask us specifically about your restrictions at work. We will write a note to your employer if needed.

Pain and Swelling

Ice packs can be placed over the scrotum for the first 48 hours, on and off. Frozen peas or corn in a zip top bag work well and can be refrozen used multiple times. We recommend 15 minutes on and 15 minutes off. The ice packs work as a good pain reliever and help keep the swelling down.

You should plan to wear a pair of jockey shorts or an athletic support for the first 4 to 5 days, even to sleep. This will keep the scrotum immobilized to some degree and keep the swelling down.

Wound

In most cases, your incision will have absorbable sutures that will dissolve within the first 10 to 20 days. Some will fall out even earlier. Expect some redness as the sutures dissolve but this should occur only around the sutures. If there is generalized redness, especially with increasing pain or swelling, let us know. The scrotum will very likely appear “black and blue” as the blood in the tissues spread. The black and blue is followed by a yellow and brown color. In time, the discoloration will go away.

Hygiene

You may shower 24 hours after surgery. Do not swim, take a tub bath or soak the scrotum for 1 week.

Medication

You will be sent home with a prescription pain medication. If the pain is not too bad, you may take either Tylenol (acetaminophen) or Advil (ibuprofen). You might find that you tolerate these over-the-counter medications better and find that they have fewer side effects. If the pain medication you are sent home with does not control the pain, please contact us.

Follow Up

Your doctor will tell you when he or she wants to see you back in the office after your procedure.

Call Your Urologist If You Experience These Problems

- Fevers over 101.5° F
- Moderate or severe swelling under the skin incision involving the scrotum
- Drug reactions such as hives or a rash
- Nausea or vomiting