

# Scrotal surgery

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## How will I feel after surgery?

You may have some pain from the incision after surgery. You may have more than 1 incision. Your incision has been closed with dissolving stitches.

You may also feel nauseated or sick to your stomach. If you have these feelings, tell your nurse. Your nurse will give you medication that can help.

## What will happen to me after surgery?

After surgery, you will have an intravenous (IV) in your arm. The IV is used to give you fluids until you are drinking well. Medications can also be given through the IV.

You may also have a bandage or dressing over the area that you had the surgery.

## When will I go home?

You may go home the same day as your surgery. Before you go home, we have to make sure that you are drinking and that you have urinated.

## Pain

You will be given a prescription for pain medication. This may be acetaminophen with codeine, or Tylenol #3. You can also use plain acetaminophen as the pain lessens. Codeine may cause constipation or hard stools. **Follow your doctor's instructions regarding taking other medications.**

Your normal bowel habits should return when you get back to what you usually eat and do your normal activities. Make sure that you eat lots of fruits and vegetables and drink plenty of fluids.

Do not strain or push hard with a bowel movement. A stool softener, such as docusate sodium (Colace), may be helpful. You can get this over-the-counter. If needed, ask your pharmacist for help.

## **When can I get back to my regular activities?**

Rest for 24 to 48 hours. Avoid straining and heavy lifting for about 2 weeks after surgery. Heavy lifting is over 10 kgs or 20 lbs. These types of activities can increase swelling and the risk of bleeding. Check with your surgeon about when you can get back to very heavy lifting activities, such as construction work.

You can resume sexual activity when you are comfortable.

## **How do I care for my incision?**

The incision should be protected and kept clean. A scrotal support or snug underwear will usually increase comfort. You may notice swelling, and black and blue bruising of your scrotum. The swelling and bruising will slowly go away.

A small drain may be placed in your scrotum to prevent fluid from collecting in your scrotum. It may be in for 1 to 2 days after your surgery. If you have a drain, a home care nurse will help you care for it.

To decrease the swelling, apply an ice pack. Apply the pack for 20 minutes on and then take it off for 20 minutes. Do this 3 or 4 times a day for several days. Do not apply the ice pack directly to your skin. Place a cloth between the pack and your skin. A package of frozen peas is a good ice pack. Do not apply heat or hot packs.

You may shower the day after your surgery. You may bathe in clean water if you do not have a drain. It is okay to remove the bandages 72 hours (3 days) after surgery. If you have small white tape strips, leave them on. After your shower, pat the incision dry.

Do not swim or soak in a hot tub for or at least a week after surgery, or until the stitches have completely dissolved. The wound should be healed and dry.

## **When can I go back to work?**

Talk with your surgeon about returning to work.

## **When do I see the surgeon again?**

Before you leave the hospital, you will be given instructions about your follow-up visit.

## **Call your surgeon if you:**

- have a fever greater than 38.5°C (101°F) or greater
- have a discharge or a foul smell from the incision
- you develop spreading redness of the skin around the incision