



SURGERY CENTER

Phone: (224) 612-7000

SCROTAL SURGERY DISCHARGE INSTRUCTIONS

DRESSING/INCISION CARE

- Remove dressing tomorrow morning. If dressing falls off before tomorrow, it is OK to leave off.
- Blood spotting from incisions is normal up to 1 week. Stitches dissolve and do not need to be removed. Slight redness and irritation is normal.
- Expect the scrotum to swell and bruise. The size should be limited to the approximate size of a softball and can last for 3-4 weeks.
- Elevate the scrotum while laying down (place a towel or small pillow under the scrotum). This will draw fluid away from the surgical site and decrease swelling.
- Wear a jock strap, athletic supporter, or supportive underwear for at least 1 week.
- Ice to the scrotal area (20 minutes on, 20 minutes off) will help with swelling up to 3 days. Do not apply ice directly to the skin or while sleeping at night.

ACTIVITY INSTRUCTIONS

- Anesthesia takes **24 hours** to wear off. No driving/operating heavy machinery during this time.
- Please REST and take it easy after surgery. Anesthesia can make you feel light headed & dizzy.
- Shower 2 days after your surgery. Soap and water to the incision, do not vigorously scrub. No submerging in tub baths, pool, or hot tub for 4 weeks.
- Increase your daily activity and exercise gradually as tolerated.
- Avoid strenuous activity or heavy lifting (greater than 10-15 pounds) for 2 weeks.
- No sexual activity for at least 1 week and until pain free. Please consult your doctor on timing.

DIET INSTRUCTIONS

- Eat a light meal after surgery as anesthesia can make you nauseous. Nothing greasy or spicy.
- Resume your normal diet as tolerated.
- Increase your fluid intake and hydration (preferably water) over the next week.

MEDICATIONS

- Take Tylenol (500 mg every 6 hours) with Ibuprofen (Motrin, Advil etc.) 600 mg every 6 hours. It is safe to take these together or alternate every 3 hours.
- If you were prescribed a narcotic medication for more severe pain, please take only as needed and do not drive while taking as it can cause confusion, drowsiness and constipation. Over the counter stool softeners are available if needed.

CONTACT YOUR DOCTOR'S OFFICE IMMEDIATELY IF YOU EXPERIENCE THE FOLLOWING:

1. Fever greater than 100.6, severe chills, continued nausea or vomiting
2. Severe pain that doesn't go away with pain medication
3. Drainage, pus, or increased bleeding from the incision
4. Inability to urinate

FOLLOW-UP

- Call your doctor's office to schedule a follow-up appointment (if not already scheduled).

Please go to your nearest Hospital Emergency Department if you experience chest pain, difficulty breathing, or other emergency signs or symptoms.



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***If you have any questions or concerns regarding your surgery (even after business hours or over the weekend), PLEASE CALL THE 24 HOUR ON CALL NURSE at 224-612-7000.**

Please go to your nearest Hospital Emergency Department if you experience chest pain, difficulty breathing, or other emergency signs or symptoms.