

VARICOCELE REPAIR DISCHARGE INSTRUCTIONS

DRESSING/INCISION CARE

- Slight pain in the groin can last for several weeks. The scrotum and groin may be bruised or swollen. These symptoms gradually improve in a few weeks.
- Wear a jock strap, athletic supporter, or supportive underwear for at least 2 weeks.
- Blood spotting from the incisions is normal. This can last for 1 week. Stitches are dissolvable.
- Ice packs to the incision (20 minutes on, 20 minutes off) 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 and dizzy.
- Shower 2 days after your surgery. Soap and water to the incision, do not vigorously scrub. Pat dry. No submerging in tub baths, pools, or hot tubs for 2 weeks.
- Increase your daily activity and exercise gradually as tolerated.
- Avoid strenuous activity or heavy lifting (greater than 10-15 pounds) for at least 2 weeks.
- Please consult your doctor on when you can resume sexual activity.

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 (Advil, Motrin 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 you were not prescribed one.
- If you were prescribed an antibiotic, please take as directed.

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

1. Fever greater than 100.6, severe chills, continued nausea or vomiting
2. Drainage of pus from the incision
3. Inability to urinate

FOLLOW-UP

- Call your doctor's office to schedule a follow-up appointment (if not already scheduled).
- Remember to use alternative forms of contraception until you complete a semen analysis and there is confirmation of no viable sperm. This is usually performed 3 months after your

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vasectomy and may be repeated depending on the initial results (You should have received instructions on where to bring your semen test. If not, please call the office for this information.)

***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.